

A Newsletter for Crest

Volume 8

September/October 2007

Number 8

September 8 - Crest Country Celebration

October 20 - Crest Fall Festival



Crest is hosting two great events this fall at South Lane Park. The Crest Country Celebration and the Crest Fall Festival have activities for the entire

family. For horse enthusiasts, a **Fun Show and Health Clinic will be held on both dates**. Proceeds will be given to the East County Fire Protection District.

The Crest Fall Fun Shows will be loaded with activities:

Food will include hamburgers, fruit, and the famous bean dump not to mention candy, chips, sodas and water.

A 50/50 raffle will be held as well as a horseshoe tournament and a Paper Horse Race. Proceeds from these events will be split between the E-Crest-rian Club and the contestants.

Fun events for horse owners and non-horse owners will range from "Beach Ball Polo" to "Boots in a Pile". Check out the attached flyer for a complete list of events. Ribbons and certificates will be awarded to the 8th place. Helmets are required for horse events and signed waivers required for participants under 18 years of age. If you are a member of the E-Crest-rians, the cost is \$5.00 per class (event); \$8.00 for non-members. You may join the E-Crest-rians for \$25.00. E-Crest-rians is a group of horse owners living in Crest -clever name-huh!

Health Clinics - During the two health clinics, you can have your horses or large animals micro-chipped, teeth floated, and shots given. We have reserved the early morning time with the El Cajon Large Animal Practice (ELAP) to bring one or two vets out to perform these services. You must RSVP for the Clinic in order for the vets to be



prepared. You may sign up for a time as well. Times start at 8:30 AM. Reservations are needed as well for micro-chipping and will also require a registration fee. If there is an interest to have your dogs micro-chipped as well, make a reservation. The clinic will definitely save on a ranch call plus there is a discount given to all that participate. See the attached flyer for clinic fees.

In addition to all the events listed above, the Crest Fall Festival on October 20th will also feature a **live band, Native American dancing lessons, crafters** and much more. Mark your calendars and plan to attend. Check the www.thecrestsun.com website for updates and details.

Volunteers are needed for the **Fun Shows** to man the registration booth, cook, judge, monitor the horses, set up obstacles, and work on awards and cleanup. Please call either Jan Rosander at 440-2133, or Kandhy Franklin at 444-4996. There will also be some park cleanup days announced before the event to use weed eaters and sweep the cooking area.

SOUTH LANE PARK NOW HAS WATER

The arena has been repaired at South Park and new water lines and electrical lines installed (no electricity though). We now have five water stations for the horses and dogs. Volunteers will keep these buckets filled during the week. Presently, we cannot leave the faucets out due to vandalism, but hope to have water for hikers in the future. If you see any vandalism of the water lines or buckets, please call 444-4996.

A big thanks to Kiwanis members who dug and plumbed: Don Halte, Aaron Valdez, Don McClellan, Dick Sutton and Graham Smith. Also in the trenches were Kim Beck, Charles Collins, Brian Dawson, Tom Grace, Kandhy Collins, Alvin Troyer, Paleck Plumbing, and Dan Wilson's tractor.

HORSE CAMPING

There are open camp spaces at Los Vaqueros in the Cuyamaca Mountains as well as Manzanita. A new place is opening up called Los Coyotes behind the Warner Springs Resort. The big opening camp out is scheduled for Labor Day weekend. It is a dry camp area with water for horses but not people. There are large oaks, sandy trails, and natural springs in this area. Call 444-4996 for more information.

CHALLENGE RANCH NEWS

Challenge Ranch, a facility for under-privileged kids, is located behind the Sycuan Casino. From time to time they put on horse shows for all to enter as well as view. They depend on volunteers to help out at the ranch to care for the 36 horses and trailer kids to camp and other shows. If you would be willing to help, please give them a call at 619-445-0598.

PROPOSITION E
Informational Meeting
Monday, August 27th – 7:00 PM
at the Fire House
BE INFORMED!

Crest Sun Editors:

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

Contributing editor and information– Chris Seebold – info@thecrestsun.com or Winters72@hotmail.com (447-5826)

Crest Website: www.thecrestsun.com
Webmaster: Karin Weiss (579-3951) - thecrestsun@cox.net

The Crest Sun welcomes information from the Community and community input. Thanks to our loyal readers and supporters. Your donations and your patronization of our sponsors provide the funds to print the newsletter. This is our only expense. We have no paid employees.

The newsletter is not responsible for problems that occur as a result of information in this newsletter. We assume information to be accurate as given to us.

**Next deadline:
October 20, 2007**

<u>Wish to advertise?</u>	<u>The Crest Sun is available at:</u>
\$35 – Full Page	Crest Foods
\$20 – ½ Page	Crest Library
\$10 – ¼ Page	Lenardo Pizzeria
\$5 – 1/8 Page	Rainbow Farms
business Card	

**Please Support our Advertisers!
They bring you the Sun**

Fun Show and Health Clinic



**September 8 - Crest Country Celebration
October 20 - Crest Fall Festival**

Fun Show Events include:

- 🌈 Balancing Act – ride your horse with an egg on a spoon.
- 🌈 *Broom Stick Halter Class- show off that beautiful barn or kitchen broom in the walk, trot and canter.
- 🌈 Beach Ball Polo – Get the ball across the arena with your broom.
- 🌈 Pop it! Ride to chairs across the arena, dismount, blow up a balloon, sit to pop, mount and ride to finish line.
- 🌈 *Musical Chairs: Walk in a circle to music, when music stops, find a chair.
- 🌈 Ride a Buck: Untack horse, place a dollar bill under your knee and ride bareback for the longest time.
- 🌈 Tack Up and Ride: Saddle your horse and ride to the finish line.
- 🌈 *Boots in a Pile: Everyone takes off boots or shoes and makes a pile. Those with shoes back on go to finish line where a surprise is waiting for you.
- 🌈 Rink Toss: Ride and get rings over the cones.
- 🌈 Try the Trail: Three challenging obstacles to negotiate.
- 🌈 *Apple Bob: Get an apple for your favorite horse.
- 🌈 *Horse Show Tournament and Paper Horse Race
- 🌈 **These events do not require a horse**

Helmets and waivers required for participants under 18 years of age.

Fun Show Events and Fees: \$5 per event for E-Crest-ian Members - \$8 for non-members
(This is a Fund Raiser for East County Fire Protection District)

Large Animal Health Clinic Fees:

YOU MUST RSVP FOR THE CLINIC IN ORDER FOR THE VETS TO BE PREPARED. YOU MAY SIGN UP FOR A TIME AS WELL. TIMES START AT 8:30 AM.

- 🌈 5-way shot: \$47.00,
- 🌈 Flu/rino: \$30.00,
- 🌈 4-way: \$32.00,
- 🌈 West Nile: \$32.00,
- 🌈 Microchip: \$84.00, Microchip with Freeze Brand: \$138.00
- 🌈 Microchip Registration: \$25.00 (required with microchip)
- 🌈 TEETH FLOAT: \$86.00 plus sedation (required) \$38-42
- 🌈 SHEATH CLEANING: \$36.00 (with sedation \$50)

CALL KANDHY FRANKLIN at 444-4996 TO RSVP AND RESERVE YOUR SPOT.

Events and Contacts

Crest Calendar of Events

8/27/07	7:00 p.m.	Prop E Info. Meeting FireHouse
8/31-9/3	All Day	CEA Gathering At Los Coyotes
8/28- 9/25	Mail your Ballot!	Prop E Ballot return.
9/4	1:00	Crest Historical Society Meeting - Library
9/4	7:30 pm	Fire Board Meeting Crest Station
9/8	Country Celebration 8:30-4:00	Crest Fun Show and Health Clinic South Lane Park
9/17	6:00 pm	Kiwanis Meeting St Louise Parish Hall
9/10	7:00 pm	Sub-Regional Planning Group
9/18	7:00 p.m	CCA Meeting – Clubhouse
9/21	9-10:30	Volunteer meeting/ tour – Crestridge
10/2	1:00 – Crest Library	Crest Historical Society Mtg – Library
10/2	7:30	Fire Board Meeting – Crest Fire Station
10/6	8-12	Native Plant Sale – Crestridge
10/8	7:00 pml	Sub-Regional Planning Group
10/16	7:00	CCA Meeting – Clubhouse
10/22	6:00 pm	Kiwanis Meeting St Louise Parish Hall
10/20	5:00	Deadline for Sept/October Crest Sun advertisements
10/20	Crest Fall Festival	Crest Fun Show and Health Clinic.

Crest Websites:

www.thecrestsun.com – Crest Community website. Publishes Crest happenings as well as copies of this newsletter.
www.crestschoolpta.com – Crest School PTA website
www.cajonvalley.net/crest - Crest school website
 Crestridge Ecological Reserve -
www.earthdiscovery.org or www.dfg.ca.gov

Crest Community Contacts

CCA	Noelle Carranza	447-6269
Community Church	Anna Johnston	442-3736
Cornerstone Church	Pastor Dennis	579-5633
Crest Black Board	Friends of Crest	44-Crest
Crest Historical Society	Dorothy Miller	444-0968
Crest Kiwanis	Andy Knutson	442-3349
Crest Library		442-7083
Crest School	Office	588-3128
Crest Newsletter	Linda Hjelle Chris Seebold	440-8540 447-5826
Crest Sun Website www.thecrestsun.com	Karin Weiss	579-3951
E-Crest-rians	Kandhy Franklin-Collins	444-4996
East County Fire Dept	Business	579-6034
Friends of Crest		44-Crest
Sheriff	Dispatch (858) Business	565-5200
Snake Removal Svcs	Graham (cell)	444-7797 784-4671
St Louise Church	Father Justin Languille	444-3076
Sub-Regional Plan.	Judy Bowen	440-0783

Stores

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

Advertisers

Arbonne Int'l	Kia Maize	518-9504
Avon	Yvonne Daley	449-8556
Jennifer Niles		244-0426
Jim Kelly Realty	Rayna Mack	922-2524
Kathy Kuts	Kathy Kaderback	447-1945
L & M General Engineering Contract.	Matthew Johnson	588-8806
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NameBrand Kidswear	(888)	225-9411
Piano Lessons	Amanda Shadrick	588-8862
Right Hand Ladies	Marie	328-1157
Simply Marvelous Org	Risa	231-1113
Sullivan Brown Properties	James Neal	440-1030
Terry's Pools	Terry Shimamoto	992-3091
W3U	(800)	644-0305
Xango		328-1157

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TO ORDER CALL
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Crest Community Association

The CCA is a non-profit organization with an elected board whose volunteers work toward bettering the community in which we live. Get involved and volunteer!
Questions? Call 44crest and leave a message

The annual CCA Fourth of July community celebration was another unqualified success. Kudos and thanks to Kandhy Franklin-Collins for her Herculean efforts for organizing the entire event. This was Kandhy's 17th or 18th year as chairperson – even she cannot remember how long she has been doing it! Unfortunately, Kandhy is resigning as chairperson, and it will be necessary to recruit volunteers to continue our annual fundraising event. We will be dividing the chores into five categories in order to make the tasks more tolerable. Please, step forward to assist. We want to continue the historic celebration into its 62nd year.

Membership dues for the CCA run from July 1 through June 30. It is time to renew your membership for 2007. Use the form below to do so today. Dues are especially important now as the money is needed for increased insurance premiums being charged since the Cedar fire. The clubhouse is considered to be a commercial building.

It is anticipated that the clubhouse will be completed enough for final inspection by October 1. The major projects to be accomplished are a wrought iron fence and landscaping. A lush, native plant design has been developed by a landscape architect. Volunteers will be solicited to plant the several hundred pots that will be delivered before final inspection can be obtained.

Once final inspection is obtained for the clubhouse, speakers will be scheduled for the CCA meetings. Also, the clubhouse will be available for rental. Call Jackie Grace now (619-442-1018) to make reservations for your holiday parties, birthday celebrations, bridal showers, etc. We expect that the calendar will be filling up quickly with activities for both Crest residents and those from down the hill. The clubhouse rivals rental halls in San Diego County and has the added benefit of a park nearby and a small-town atmosphere.

NEXT MEETINGS:
SEPTEMBER 18, TUESDAY 7:00 PM
OCTOBER 16, TUESDAY 7:00 PM.
 Refreshments and Door Prizes

PLEASE SEND THIS FORM IN WITH YOUR CHECK

MEMBERSHIP LEVELS

Lifetime \$500 Sustaining \$150 Business \$50
 Family \$35 Individual \$25 Senior \$12 (65+)

Name: _____ Phone# _____

Address: _____ Email: _____

Please check your areas of interest! The more active you are the more fun you'll have!

Committees:

Membership Special events (July 4th) Spaghetti Dinners, concerts, etc.
 Governance Community Garden Volunteer committee

Mail your membership today to:

CCA
 113 No. Park Dr.
 El Cajon, Ca. 92021



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Living Green

With all the discussion today about global warming, small changes in your daily life can reduce the negative human impact on our environment. Here are a few ideas to consider. One person **can** make a difference.

- Use compact fluorescent bulbs.
- Adjust your thermostat. Wear a sweater.
- Buy products locally and reduce the amount of energy required to deliver products.
- Insulate your water heater thermostat and keep it no higher than 120 F.
- Replace old appliances.
- Fill the dishwasher.
- Use Recycled Paper.
- Take shorter showers. Install a low-flow showerhead.
- Buy minimally packaged goods. Reduce your garbage.
- Plant a tree – Trees suck up carbon dioxide and make clean air for us to breath.
- Unplug unused electronics – Put your TV components and computers on a powerstrip and turn it off at night.
- Buy a fuel efficient car. Carpool. Better yet - drive less ! Carpool when you can.
- Inflate your tires. Change your air filter.
- Switch to double pane windows
- Bring cloth bags to the market.
- Use a push mower.
- Buy energy certificates (wind certificates and green tags).
- Recycle

Stay informed!

CREST MEMORABILIA FOR SALE

The Crest Image Committee has some wonderful items for sale that would make great gifts as well for use at home.

- Crest Mugs - We had such an overwhelming response to the Crest mugs, that we will order more with your phone call to 44-Crest. The price is \$10.00. They will also be available at the Crest Club House at our meetings which are held on the 3rd Tuesday of the month.
- T-Shirts -There are t-shirts for sale for \$10.00 and orders will be taken for the size and color you want.
- Black license plate holders are also for sale for \$4.00 and the flag license plate holders are available for special order for \$20.00. We sold out at the 4th. With your phone call we will re-order.
- We are also looking into selling lapel pins with our Crest Logos, key fobs, computer pads, phone magnets, hats and stationary. Before we order any of these items, we would like your input.
- For more information call 44-Crest or email us at crestcca@yahoo.com



Food for Thought

Color Me Healthy

By Lori Johnson,

Whether you want to decrease fat, build up muscle, lower blood sugar...pressure...or cholesterol the secret to good health is simply a balanced diet and exercise. Who knew? So here we are right back in kindergarten trying to memorize the food pyramid. How many servings of carbs can I have? And how much is a serving? And what exactly is a legume? I propose a much easier solution to maintaining a healthy balanced diet. **Color.** It's been my belief for many years that a meal should include as many colors as possible, and now I find that science is finally catching up. We've known for years that fruits and vegetables are filled with healthy fiber, fatty acids, vitamins and minerals. What's new is the growing list of additional health benefits found in foods that can be grouped by color. Here are some examples:

RED/PURPLE- tomatoes, red onions, watermelon, red grapes, berries, cherries, apples, plums, raisins, prunes, red peppers, purple cabbage, eggplant. Health benefits include antioxidants and lycopene; these offer protection against prostate and other cancers. Additional benefits are anthocyanins, which are proving to be highly protective against heart disease; in addition, resveratrol in grapes and wine help blood vessels maintain elasticity.

ORANGE/YELLOW-carrots, winter squash, pumpkin, mango, cantaloupe, apricots, sweet potatoes, oranges, tangerines, peaches, papaya, pineapple, turmeric. Health benefits include alpha- and beta- carotenes, which improve cancer-fighting cell communication, not to mention vitamin C. As an added benefit turmeric also fights inflammation.

YELLOW/GREEN- spinach, collard, mustard or turnip greens, avocados, green peppers, honeydew melon. Benefits include beta-carotene, lutein and zeaxanthin, all of which contribute to eye health.



GREEN- broccoli, cabbage, kiwi fruit, green tea, rosemary, thyme and sage. These foods also contain carotenes, along with sulforaphane, isothiocyanate and indoles, which help the liver break down and excrete carcinogens. Tea and herbs provide a variety of healthful antioxidants.

These are just a few examples of foods that benefit our health based on their colors, so the next time you're shopping for groceries see how many different colored foods you can find. You may be surprised at how delicious color can be.

My favorite chopped veggie salad:

Ingredients: 2lbs. fresh green beans, 3 ears fresh corn, ½ red bell pepper, 1 small red onion, ½ cup chopped black olives, 1/3 cup chopped fresh basil, 1tsp minced garlic, ½ cup olive oil, 3 Tbs balsamic vinegar, 3 Tbs lemon juice, 3 dashes Tabasco, 2tsp salt, fresh black pepper to taste. 1) Wash, chop and boil beans for 4 minutes, then rinse immediately in cold water, 2)Wash and boil corn for 2 minutes, rinse in cold water and cut from the cob, 3) toss everything together and serve at room temperature. Special note* if serving leftovers from the fridge, let warm to room temp, then re-toss and serve.

Lori Johnson, RN, BSN, OCN works for Moores UCSD Cancer Center. Lori is a new Crest resident.

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and Shopping on the 'Hill'!*



Crest Happenings



JULY 4TH "FAMILY WALK" WINNERS:

Thanks to the firefighters for all of their efforts to assist Tom Wilson and Glen Weischaedel in lining up the "Family Walk" and judging the "family walk" entrants. There are many

trophies and ribbons not collected. If you did not get your award, please come to the CCA meetings the 3rd Tuesday of the month and collect your trophies and ribbons.

What a year for floats and decorated jeeps and 4-wheelers and golf carts! Next year we will have separate awards for these.

Winners for 2007:

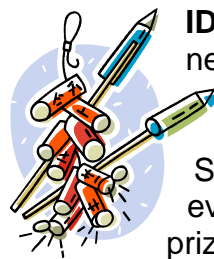
- **BEST INDIVIDUAL** was Money Wagon, 2nd place was Crest Kiwanis, and 3rd was Heilig's Tree Service.
- **BEST MOTORIZED**; Yellow flame hot rod, 2nd was Orange Flamed Hot Rod, 3rd was the 67 Mustang, and 4th was 68 Mercedes.
- **BEST GROUP WINNERS** were the Early Day Gas Engine and Tractor Association, 2nd was Desert 4wheelers known as the James Gang, 3rd was the motorcycle group, and 4th was the golf cart group.
- **BEST FLOAT** was Cubs of Crest pack 332, 2nd was America Kicks, 3rd was Surfs Up, and 4th was Happy 4th of July.
- **MOST PATROTIC** was Crest Women's Lawn Chair Brigade
- **BEST HORSE GROUP** was Too Hot to Handle, and 2nd was Crazy Tango Horse Group.
- **FUNNIEST/MOST CREATIVE** was Crest Mountain Toilet Cloggers troop 332,
- **BEST THEME** was Hubert's golf cart with Got 21 Theme, and 2nd was the little fire truck.



FOURTH OF JULY

THANK YOU'S: Many thanks go to everyone who came and pitched in to make this a great event.

Thanks to **Christina Seebold** for arranging the great band, **Straight Six**, and the stage. Thanks also to the **Crest Kiwanis** for all the great cooking, cleaning, helping out everywhere, the **Boy Scouts** for scouring the park to keep it clean, as well as **Don Dawson** who checked on trash cans and moved furniture wherever needed. **Brian Dawson** and his friends did all of the road closure signs and detour signs, and we thank them for that. The **CCA** did an amazing job with selling their wares as well as making carne asada for the first time. **Doug Fields**, our new volunteer extraordinaire, spent the whole day cooking, collecting money, and cleaning up the park at the end of the day. **Kim and Ken Beck**, new horse people and residents, worked all day with **Charles Collins** and **Rick Estabrooke** to do the sno-cones and cotton candy. Lastly, I would like to thank all of the **firefighters** for supporting the event and talking with our residents about Prop. E. The **ECFPD** appreciated all of the money donated to help with this year's shortfall.



IDEAS FOR THE NEXT 4TH:

We need to revisit the safety rules for the "Family Walk" and they will get published in the Crest Sun a few months before the event. We will announce the prize categories ahead of time so you can plan for the outrageous. Riders of dirt bikes will not be able to continue riding through Crest and the hills when the "Family Walk" is over or they will not be allowed in the "Family Walk" the following year. The Sheriffs will have a presence next year in the "Family Walk" and the park as there was some dangerous behavior. The CCA is considering renting security for the park to control those overindulging or misusing the park or restrooms. We have had a very unique event here in Crest for 61 years and we can't let a few jeopardize its future.

Crestridge Ecological Reserve

News for Fall 2007

Fall Native Plant Sale is set for Saturday, October 6th, 8am – 12 noon. Fall is the ideal time to add natives to your landscape. Experts will be on hand to answer your questions and make recommendations. Enter at 1171 Horsemill Rd.

Final Management Plan Hearing: Crestridge, like all reserves, must have a management plan that addresses its ecological value and plans for maintenance and restoration. The original Crestridge Management Plan was brought to the Crest community before the Cedar Fire. The final draft considers input from the first community meeting as well as changes needed since the fire. The final hearing on the plan will take place this fall. A copy of the plan will be available at the library for at least 30 days before the meeting. Watch the chalkboard for dates.

For more information: Call Cathy Chadwick (619) 749-5767 or chadgroup@cox.net

Sign up for: *One Call Now* Crest's Emergency Communication System.

In the event of a fire or other emergency effecting our community, an automated system will call your phone to update you on the location and particulars of the emergency. It's Free – A Crest Community Service (Designate up to three emergency numbers and send them to editor@thecrestsun.com or call Kandhy @ 444-4996 for further information. You can also submit an e-mail address and you will be notified of upcoming community events by e-mail.



Volunteers needed at Crestridge!

Volunteer at our own ecological reserve in Crest. Come be a part of changing the world in your own backyard.

- ***Interested in working with children?*** Volunteers are needed to share your love of the outdoors with children. Enjoy doing hands-on projects with curious students to help them learn more about ecology. Volunteers are needed to be field instructors or assistants. No experience is necessary and training is provided.
- ***Interested in helping maintain our beautiful reserve*** by planting, watering or working on special projects? Volunteer!
- ***Interested in learning more about our natural habitat*** through ongoing training with a variety of experts? Volunteer!
- ***Interested in working with volunteers?***

Join us for a short tour to demonstrate the many wonderful activities taking place at Crestridge. Perhaps you will find the perfect volunteer activity to suit your personality.

**When: September 21, 2007
9:00 – 10:30a.m.**

**Where: Crestridge: 1171 Horsemill Road
(call or email for directions)**

Questions? Call Linda Hjelle (619) 517-9838 or e-mail Lindahjelle@cox.net

Curious? Show up and learn about the Crestridge Ecological Reserve and its volunteer opportunities.



Kathy's Specials

Cut and Style with Shampoo.....\$20

Perm With Cut and Style.....\$50

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Responsible Landscaping Growing at County

By Dianne Jacob



Trees, bushes and groundcover that help conserve water and can actually slow the spread of fire? Such species really do exist and a great many are native to California.

County supervisors think these water-wise, fire-wise plants should become a routine part of future landscaping efforts and voted unanimously last month to explore mandating responsible landscaping at all new County facilities, including active parks, libraries and County maintained roadways and medians.

While it's true that dwindling water supplies and catastrophic wildfire are constant concerns in semi-arid San Diego, I have grave concerns about the lingering drought in the Western United States.

Up to 90 percent of the San Diego region's water is imported from the Colorado River and Northern California. The Colorado River Basin, which supplies one-third of Southern California's drinking water, is suffering through its eighth consecutive year of drought, say concerned officials from the Federal Bureau of Reclamation, which manages the river.

The California Department of Water Resources reports that the water content in the Sierra Nevada snowpack is at its lowest level in nearly 20 years, less than 40 percent of usual. At less than four inches to date, the seasonal rainfall total in San Diego County is less than a third of normal. Normal to date is 10.43 inches.

There is absolutely no question that water conservation is the order of the summer.

Where water seems scarce, the threat of fire is more extreme than ever. Years of drought and a massive bark beetle infestation have raised the threat of catastrophic wildfire in local forests and other rural areas, warns Cal Fire.

In the wake of the 2003 Cedar and Paradise fires, the County secured millions of dollars to remove dead trees from fire prone areas. Despite the removal of some 500,000

trees, the fire threat remains alarmingly high.

This year, fire officials are reminding all homeowners, particularly those in fire prone areas, to clear 100 feet of defensible space around homes and other structures. As many homeowners learned during the 2003 fires, defensible space dramatically increases a structure's chances of surviving a wildfire.

Like defensible space, fire officials are encouraging property owners to landscape using fire resistant vegetation, particularly native and California-friendly plants.

The Water Conservation Garden at Cuyamaca College is fast proving itself a tremendous local resource when it comes to saving water. In partnership with the San Miguel Fire Protection District, the garden recently unveiled a new Fire-wise Garden designed to educate homeowners about fire resistant landscaping.

In addition to showcasing drought tolerant and fire resistant landscaping, the fire-wise exhibit is helping residents learn that keeping plants pruned and maintained is an important fire protection tool.

Other fire and water-wise gardening tools include keeping low-growing plants within 30 feet of structures, removing dead and dying vegetation, properly spacing plants and using efficient irrigation methods.

Supervisor Jacob believes the County can and should seize the opportunity to employ these same plants and practices when landscaping public projects.

With an estimated 60 percent of residential water in the region used for outdoor landscape irrigation, a water-wise and fire-wise County government will undoubtedly save water and has the very real potential to save taxpayer dollars by cutting down on landscaping costs.

It might also save lives.

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.

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Crest Community Church Raises Funds for Fire Department

Concerned for the current situation at the Crest Fire Department, several members of the Crest Community Church discussed various ways we could possibly help. One of our members, Debbie Joslin, stepped out in faith and suggested a car wash with all the proceeds going to the fund drive. She enlisted the help of the Crest Kiwanis Club and others in the community and we all came together on Saturday, July 28th to support the cause.

Signs, fliers and the famous CCA chalk board advertised our community project and the day was a great success. One of our members, Dean Sheppard manned the barbecued, while the Pastor, our members, and many from the community at large got their hands wet. Even Andrew Knutson, the president of the Kiwanis Club was seen washing cars and enjoying the fellowship. We served various refreshments to the waiting drivers as the line of cars continued non-stop from 10 am to 3 pm that Saturday. The community support was awesome!!! It truly warmed our hearts, and we were pleased to receive close to \$1400 in donations. It didn't exactly put the fund drive over the top, but all those who worked hard that day believed they were doing their part to support the Fire Department.

If you didn't know already, Crest Community Church has a new pastor, Dave Wells. He is a native San Diegian who has lived, with his wife Velma and their 3 children, Rachel, Jacob and Seth, in East County for over 30 years. Pastor Dave was the youth pastor at Crest Community Church from 1994 to 1999 when he responded to the call to serve as the interim pastor at the El Cajon Alliance church for 2 years and then he and his family helped plant a new church in Rancho San Diego. Pastor Dave took the

position here when Pastor Bert Fairweather, who had faithfully served as pastor of Crest Community Church for 13 years, retired in December of 2006. Pastor Bert is enjoying spending extra time with his wife, Jean, his children and his grandchildren.

The church is determined to live up to their name, Crest "Community" Church as we have sponsored outdoor movie nights throughout the summer as well as our long standing Vacation Bible School. We are a small group of believers but determined to help the community and do what we can to meet the needs of all who reside here. Please be sure to be looking out for more activities in the future, and come join us! Know too, that all are welcome to worship with us any Sunday morning, at 10:45 a.m. at 2198 Suncrest Blvd. (Call the church office for more details, 442-3736). All of us at Crest Community Church are anxious to meet all of you.



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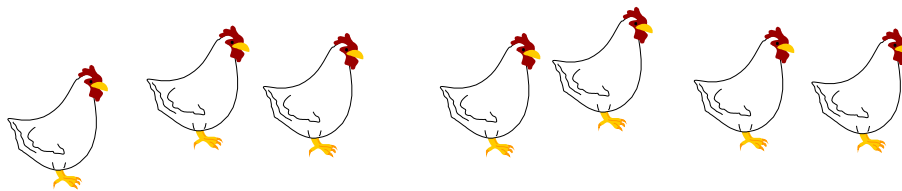
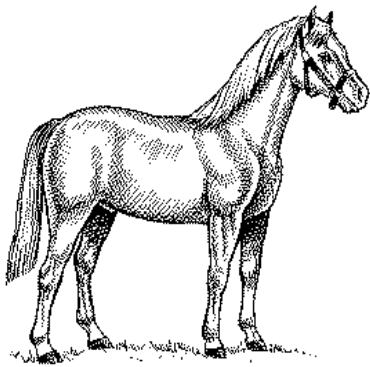
Community Ads

WE'RE LOOKING FOR PART-TIME HELP

Yikes! My wife and I have a handful of horses, chickens and cats, so sometimes we just need a break.



Do you enjoy working with animals?
 We'd like to find someone to feed and clean once or twice a week.
 Our home is near the west end of Crest.
 If interested, call Chuck at **(619) 291-2000** and leave a message.



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<i>Crest School Holiday Schedule 2007-2008</i>			
08/20	First Day of School	02/11	President's Day (Lincoln)
9/3	Labor Day	02/18	President's Day (Washington)
11/12	Veterans Day	03/15-03/30	Spring Break
11/21-11/23	Thanksgiving Holiday	05/26	Memorial Day
12/15 – 01/06	Winter Break	06/12	Last Day of School
01/21	Martin Luther King Holiday		



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Pizza

	Medium 14"	Large 18"	Giant 28"
Cheese Only	\$8.99	\$12.99	\$19.99
One Topping	\$9.99	\$13.99	\$21.99
Vegetarian	\$13.99	\$15.99	\$24.99
(Mushroom, Onions, Green pepper & Olives)			
The Works	\$16.99	\$19.99	\$28.99
(Pepperoni, Canadian Bacon, Sausage, Onions, Mushrooms, Green Peppers, Olives, Pineapple and Jalapeno)			
Greek Pizza	\$12.99	\$15.99	\$25.99
(Mozzarella cheese, feta cheese, gyro meat, fresh tomatoes & basil)			
Calzone	\$8.99	(with Mozzarella, Ricotta, & Parmesan)	
Additional topping:	\$1.00	\$1.50	\$2.50
Choose from: Pepperoni, Ham, Italian Sausage, Salami, Canadian Bacon, Onions, Green Peppers, Black Olives, Mushrooms, Tomatoes, Pineapple, Jalapeno, Anchovies, Peppercini, Extra Sauce, Extra Cheese			

Pasta

All Pasta served with 2 pieces of garlic bread

Lasagna.....	\$5.99
Spaghetti with Meatballs.....	\$5.99
Meat Ravioli.....	\$5.99
Cheese Ravioli.....	\$5.99

Subs & Sandwiches

All Subs served w/Lettuce, Tomato, Onion, Peppercini, & Italian Dressing

Ham & Cheese.....	\$4.59
Turkey & Cheese.....	\$4.59
Italian Sub (Ham, Salami, & cheese).....	\$4.59
Club Sub (Turkey, Bacon & Cheese).....	\$4.99
Roast Beef Sub.....	\$4.99
Corn Beef Sub.....	\$4.99
Meat Ball sub.....	\$4.99
Italian Sausage Sub.....	\$4.99
Lenardo's Special Sub (Roast Beef, Turkey, & Cheese).....	\$5.49

Combos

All Combos are served w/Fries & Salad

½ Hamburger Combo.....	\$4.99
½ Shrimp Combo.....	\$5.49
Fish & Chips.....	\$5.99
Chicken Sandwich combo.....	\$4.99
Fried Chicken Combo.....	\$4.99
Philly Steak Combo.....	\$5.99
Gyro's Combo.....	\$5.99
Hot Wings Combo.....	\$5.99

Side & Salads

Garden Salad (Lettuce, Tomato, Onion, Green Peppers, Olives & Peppercini).....	\$3.99
Antipasto Salad (Same as Garden plus Ham, Salami & Cheese).....	\$5.50
Green Salad (Same as Garden plus Red Cabbage, Feta Cheese).....	\$5.50
Chef Salad (Same as Garden plus Turkey, Ham & Cheese).....	\$5.50
French Fries.....	\$2.10

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About Crest.

Did you know...

- ✚ Long before South Lane Park was a horse ring, it was known as Suncrest Ball Park. The first recorded game was held **June 6, 1926** between Savage Tire Company and the Navy Team of the USS Sinclair.
- ✚ In **1928**, the people of Crest enjoyed many an hour in the refreshing waters of the Crest Plunge located in South Lane Park near the end of Juanita. The small pool was free to children. Members of Suncrest paid 10 cents and others 25 cents.
- ✚ In **March, 1931**, San Diego Gas & Electric extended electricity to this community.
- ✚ Tax bills from **1933 to 1938** on Mrs. Lorenz's property on Eucalyptus Drive (consisting of four vacant lots) was .70 per lot each per year. After the house was built, the tax rose to \$29.99 for all four lots.
- ✚ The Crest Volunteer Fire Department was organized in **November 1945**. Jamborees and Horse Shows were held to purchase fire fighting equipment that had originally consisted of barrels of water hauled on trailers behind private automobiles
- ✚ The first house to house mail delivery started **November 1947**.
- ✚ Kubic Realty Company stated that existing homes in the late **1960's** were selling for \$15,000. New homes sold between \$25,000-\$30,000. Acreage sites were selling for \$3,000 to \$4,000. Depending on the location and view, some sold for as high as \$5,000 or more!.

*Information for this article was obtained from the Echos Newsletters located in Crest Library from the **Crest Historical Society (CHS)**. CHS is always looking for new members. There is one general meeting a year. A monthly workshop meets the first Tuesday of each month at 1 pm at the Library. Members receive ECHOES, the newsletter, 4 times a year. For information call Dorothy Miller 444-0968.*

Do you remember Marguerite Steen?

Dear Crest Sun,

I was very interested to find your paper online with your links to the Crest Historical Society. I visited Crest, when it was still known as Suncrest and La Cresta, as a child in the early 1950s. A friend of my family, Mrs Marguerite D Steen, lived in a house at the edge of Suncrest. She was an elderly widow and had been a friend of my father since the 1940s. I remember her house being just beside the hill - it was built of stone, with a wooden porch at the front. I looked forward to my visits to Suncrest, which I remember as a beautiful place.

My mother is now in a nursing facility and recalling her past life is important to her, though her memories are not as clear as they once were. Recently she remembered Mrs Steen but could not recall her address or very much about her. She was very happy when I found aerial photos of Crest and your site. I am writing on the off chance that someone who works with the Crest Sun or is in the historical society may have heard of Mrs Steen. She was an energetic lady who liked making friends of strangers and it's my guess that she played an active part in the community. I would be happy to hear from anyone who might know about her.

Thank you,
Sigrid Nielsen
Edinburgh, Scotland
esien@aol.com

Our Back Yard

By Christina Seebold

CREST GARDEN CLUB NEWS!

Crest Resident, Sylvia Cavins has expressed interest in reforming our Garden Club this fall. It has not been meeting since the Cedar fire. Many of us have special post-fire landscape needs, and others have on going issues of maintenance, and transitioning our gardens to coexist with water shortages. Meetings are a good chance to share expertise, and exchange plants and cuttings. In the most recent past the club has met in the library on one Tuesday evening a month. Before that, we met on a Friday morning, and alternated the locations between different member's home gardens. This gave us the opportunity to get more inspiration from one another. If you are interested in helping reform the club, we need your input. Please call Sylvia Cavins at 447-0123, and leave your name, phone number, and preference for a meeting time. There should also be a sign up sheet in the library. You may also email your information to info@thecrestsun.com

CREST KIWANIS

Crest Kiwanis will be meeting on the follow dates at the St Louise Parish Hall:

Monday, September 17 – 6 p.m.

Saturday, October 13 – 7:30 a.m.

Monday, October 22 – 6:00 p.m.

We welcome anyone in the community to attend. If you are interested in joining or finding out more about Crest Kiwanis please contact Andy Knutson at 619- 465-5442 or Don Halte at 444-4503.

Kiwanis will be cooking delicious food at the upcoming Crest Country Celebration on September 8 at South Lane Park. We look forward to seeing everyone.

We are also selling Adopt a Duck tickets in the 2nd Annual Great Duck Race; prizes will include a brand new Ford Ranger, Mission Beach Vacation condo for one week, and many other great prizes. Look for the Yellow Duck by the food booth.

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Critters in Crest

Snowy Egrets

By Stanley A. Shelton

Our daughter usually asks me what to do when it comes to critters here. Years ago, she called me at work and said "Daddy, daddy, there's a bird in the (wood burning) stove! What should I do"? I told her to let it out. More recently (May 22, '07) she called me at work and said "Daddy, daddy, a crane is eating Mom's fish in the pond. Should I shoot it? Where's your B-B gun"? I told her not to shoot it, it's probably protected and against the law to do so. We laughed at our misfortune but agreed it really wasn't funny. Her and her mother managed to get a couple of pictures of it though, so I looked it up and found it to be a Snowy Egret, not a crane. The bird ate nine to eleven fish in my wife's small pond.

The following week, the egret (or another one) ate half of our daughter's six fish. She was fit to be tied! She said "that bird is dead meat! I'll kill it if I see it near my fish again!" I told her not to get caught! She covered her half-barrel pond with a barbeque grill and set a couple of bricks on it to make sure no bird could get to her remaining fish. It seems to have worked so far. The egret(s) never returned.

There are several old laws on the books protecting birds and mammals. The Migratory Bird Treaty Act of 1918 is an important one for egrets. Then the Extinct bird act of 1973 pretty much clinches it- virtually every bird you can think of in the U.S.A., is protected by some law or another!

Thinking it rare for a Snowy Egret to show up in Crest, I emailed the Curator of Birds at the San Diego Natural History museum:

A Snowy Egret visited our backyard pond May 22 and 23 and downed eight or nine goldfish and Koi. Isn't it rare for egrets to be in this part of the county? What would you suggest we do to protect our fish from this bird? Presently, we have the fish in our carport in a large plastic trash can.

Phillip Unitt, Collection Manager, Department of Birds and Mammals responded:

Snowy Egrets are nesting at both Lindo Lake and El Capitan Reservoir and (are) seen occasionally at other spots scattered around your area. So, especially if more homeowner(s) are installing backyard ponds and stocking them with fish it's no surprise that Snowy Egrets and other piscivorous predators are exploiting the opportunities. I can't suggest anything other than screening the pond.

After I looked up that \$50 word, I went to the hardware store to buy PVC pipe and fittings to make a frame, and hardware cloth to screen it. After all, the carport is my "shop". I never did use the hardware cloth though. There were too many compound angles. I used netting made to protect ripening fruit from birds, on fruit trees. It was much easier to work with.

A week after the carnage, the egret (or another egret) came back, but to a pond void of fish (and most of the water). The fish were still in the trash can in the carport. The pond is right outside my home office window, so I got a



brief look at it up close, but moving the curtains startled it and it flew to the top of the fence and then it flew away. What a beautiful bird!

The Snowy Egret (*Egretta thula*) is the American counterpart to the similar old world Little Egret (*Egretta garzetta*) found mostly in Europe. Both are small herons but their feathers are all white.

Snowy Egrets have a black beak, black legs and yellow feet. There's a little yellow on the upper beak just below the eyes and a yellow stripe down the back of the legs on young Egrets. The yellow under the eyes turns to red-orange during mating season. The feathers on the back of the head and below the neck get long and curvy while the feathers at the tail become recurved and shaggy looking during mating season. It is those feathers that nearly caused their extinction during the 19th and early 20th centuries. The birds were hunted for their beautiful plumes to decorate women's hats. Once a threatened species, they are now on the rebound and eating people's pond fish in Crest (and elsewhere). Their conservation status is now of "Least Concern", according to some of the sites I've visited on the Internet. At others, they are still listed as "threatened" or "endangered". Our daughter is certainly a "threat" to them! They better not mess with *her* fish!

Snowy Egrets stand from 20 to 27 inches tall, have a wingspan of 36 to 41 inches and weigh between 13 and 14 ounces. (Compare that to the weight of a crow at an average of 16 ounces.)

They eat fish (including our goldfish and koi), frogs, crustaceans and other amphibians, snakes, lizards and insects. They can fly over the surface of a pond or lake and skim fish, or stand in shallow water and use their feet to stir up a meal. They also stand very still in the shallows and wait for something to move then pluck it from the water with their sharp beaks. They eat a lot of "mosquito fish".

Snowy Egrets range from Washington to South America on the west coast, and from Maine to Texas on the east coast and some of the islands in the Caribbean. They are also spotted inland on major rivers and lakes.

They build nests that look more like platforms constructed of large twigs or sticks and reeds in shrubbery or low in trees, and sometimes even on the ground. They lay three to six light blue-green eggs, averaging five eggs. They only raise one brood per season unless disturbed or they abandon the nest for some other reason. Rather than nesting in colonies of all Egrets, they seem to prefer mixed company, nesting with other *waders*. These are Politically Correct, and unbiased birds! They have no prejudices.

Both adults incubate the eggs that hatch in 20 to 24 days. The young leave the nest in 20 to 25 more days. They are fed regurgitated food from both parents. (Some of that food, they get from Crest ponds!)

There is also the Great Egret (*Egretta alba*) which stands about 40 inches tall, has a wingspan of over 50 inches, and weighs just over two pounds. I have a friend at work that has seen Great Egrets in his area near Murrieta, California. I hope they never come to Crest. We have some larger fish in our small pond that those large Egrets could eat, but the Snowy Egrets can't. Beware, if you have a pond full of fish

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East County Fire Protection District News

A Note from Firefighters Union Local 3745

To the Citizens of Crest:

I would like to start out by thanking the Friends of Crest for their generous support of this community and its Fire Department. If not for these hard working folks, we never would have seen the outstanding results from their fundraising efforts. To everyone in the community who has donated money and/or time in this effort, the East County Firefighters recognize and thank you for your generosity. These monies have gone on to prevent Firefighter lay offs and carried us through this last Fiscal Year of 06/07. However, we now start a new Fiscal Year 07/08, and we realize that fundraising efforts can't continue to keep our operation afloat.

As a lot of you have seen or heard, we have a pending ballot measure coming up: **Proposition E**. Most of you have attended various meetings or were contacted by Crest community members who volunteered their time to go door-to-door along with the off-duty Firefighters of this community we love to serve. **Proposition E** is the only real chance we have to solve our Fire District's fiscal problems. The monies generated by passing **Proposition E** will completely overhaul our budget and get us out of the red forever. Passing **Proposition E** allows us to maintain our current levels of service, which include 3 person staffing everyday, 24 hrs a day, 365 days a year including a Paramedic/Firefighter on that Fire Engine each and every day. It maintains a fast response time to your home in your time of need when you call 911. It maintains our I.S.O rating, which is used to determine your homeowner's insurance rates. Currently, Crest's ISO rating is a 4. **Proposition E** prevents Firefighters from being laid off and keeps Crest Fire Station 18 open. If Crest's Fire Station were to close, the I.S.O rating would go from a 4 to a 10. There are so many different insurance carriers out there; you will get a different story from each one of them on how it will affect your insurance rates. With that being said, are you going to rely on an insurance broker telling you what they want you want to hear? Or will you not take that risk and pass **Proposition E** to maintain the current levels of service you have and keep

your insurance rates as they are today? I was born and raised in this community and currently live in Crest with my wife and two daughters; I am also a homeowner. So I do have a personal interest in this along with the rest of you who live up here as well. I can tell you that our current interim Fire Chief, Jack Grogger, along with the members of the East County Fire Board of Directors, have looked at ALL of our options including going to the County of San Diego for help. Unfortunately we were turned down and were told we have to fend for ourselves. So facing that situation, we really had no choice but to come to you and ask for your help in keeping our Fire Department operational. One thing I can reassure you on is that the monies raised by the passing of **Proposition E** stay in our Fire District. The county has NO authority over these funds and can't touch them. 100% of the revenue generated by **Proposition E** come and stay with the District. Our Fire Board that you elected has made it very clear on the importance of being fiscally responsible. Each year our Fire Department goes through an independent audit. The law says we have to. These are public records, so any time you want to check up on the fiscal situation in the Fire Department you have that right and option.

During the week of August 28th, you will be receiving a ballot in the mail if you are a registered voter within the Community of Crest. The San Diego County Registrar of Voters is handling all of the ballots and certifications of such. In your ballot are very specific instructions on how to fill out your ballot. It is so very important to read those instructions very carefully and mark the ballot as directed. So I encourage all of you to read the directions very carefully. Once you have filled out your ballot, mail it back with pre-paid postage to the Registrar of Voter's office. The ballots must be **received** in their office by September 25th. A postmark on that date does NOT count and your ballot will be discarded! So you have little less than a month to return those ballots. You also have the option of hand carrying your ballot to the Registrar of Voter's Office located at 5201 Ruffin Road, Suite I. In order to pass **Proposition E** we need a 2/3 majority of **YES** votes of the cast ballots in order for

Proposition E to pass. So every vote does count! Please be looking for your ballots to arrive in your mail very soon, and I encourage all of you to please vote **YES**.

In closing, as the representative and President of the Firefighters who work in this community, we are proud to say we work for the East County Fire Department. Yes, even those of us who make minimum wage. Regardless we are willing to lay our lives down to save you and your loved ones from any emergency we may face at anytime or any place. I look back and reflect on the 343 Firefighters who paid the ultimate sacrifice with their lives on 9-11-01. Last summer, 5 Firefighters paid the ultimate sacrifice on the Esperanza Fire in Riverside County protecting structures from the fire's path. Unfortunately just this past June, 9 Charleston South Carolina Firefighters perished in a furniture store fire. Recent tapes were released of the radio traffic during that catastrophic incident. The last moments before these 9 were taken, "Mayday" calls were made, some recited prayers over the air, and another said, "I love you". The incident commander asked if they could get out and the answer was, "We are still trying to rescue victims and we are trapped." You may be asking why I share this with you. The reason being is that I want you to realize that your Firefighters would do the same for all of you. We love working here; we love this community we work in. We love what we do and want to continue doing it. But we desperately need your help. So I ask, and even beg you to **help us help you** and please vote **YES on PROPOSTION E**. By doing so, you will be saving the lives of yourself and others by keeping your Fire Station open!

**Kevin M. Clark, Fire Captain
President, East County Firefighters
Association. Local 3745**

***Final thoughts on Prop E from
The ECFPD Board President.***

I am sure by this time many of you have received visits from your neighbors or one of your local firefighters to give you information on Proposition E. They will continue to be out in force until the end of the voting period, so if you see them out and have further questions don't hesitate to ask. If you don't see someone, feel free to stop by the station on Mondays, Wednesdays or

Fridays and someone will be happy to answer your questions.

I want to take a minute to write my final thoughts on the current direction of East County Fire District and Proposition E, as once the ballots are mailed at the end of August the board members will be unable to speak on the ballot issue. It is my hope that the community members of this Fire District understand that the board did not come to the decision of a benefit fee easily. There were many avenues explored, including suggestions from district staff, community members and other professionals in the fire business. Many of these options take years to accomplish, time our District didn't have. It wasn't until all of the possibilities were exhausted did the board decide to initiate a benefit fee. It is the only way for the district to maintain the same level of service we and our insurance companies have come to enjoy.

The services that we enjoy in 4-8 minutes will come from the District's only other station, Bostonia in 10-12 minutes, if available. Otherwise service comes from Alpine, the city of El Cajon or places as far reaching as Jamul. Again, it will all depend on who is available. Many who are against Proposition E will tell you, "this is only a scare tactic", "the county will take care of us." This is impossible. I ask you, has the county ever taken care of us before? Have you heard recently of any government agency with extra money? The fact is, our fire stations are owned and operated by the citizens who live in the districts and it is up to us to run them. We will never see any additional tax revenue and the additional monies collected on the Cedar Fire rebuilds will not come close to what the district's needs to keep two stations afloat.

In closing, I ask you to educate yourself, before you vote. Don't place your medical response, fire safety and insurance in the hands of neighbors "talking across the fence." Get on the internet look up insurance ratings (ISO). Call other Fire District offices, ask about the cost to run their stations and compare it to the income of your district's income. Come to a board meeting and ask questions, get informed!.

**Dawn Hubert, Board President
East County Fire Protection District**

Donations to the East County Fire Protection District.

The Friends of Crest wish to thank all of the people who donated to the Crest Fire Station Fund. The \$106,000 that we raised, kept the fire station open until funds for 2007/08 became available. Thank you Crest for stepping up to the plate and supporting this cause. We are grateful for every donation no matter how small or large. We apologize if you are not listed; please know that we appreciate your contribution. Let the Crest Sun know of any names not listed and they will be acknowledged in the next issue. I would like to extend a big thank you to Jackie Grace who kept track of every dollar that came in.

*Linda Chase, President
Friends of Crest.*

\$1000 to \$25,000

Alt Family
Brower, F.
Crest Community Church
Crest Kiwanis
Dez Construcion
Drew Ford
Endangered Habitats
Conservancy
Friends of Crest
Franklin, K
General Atomic
Gibson, J
Grossmont Healthcare
Holzer, N.
Jones, I&R
Jungman C.
Leidy Family
M.S. Ratzlaff
Tony's Deli
Watkins C.
Wawanesa Ins.

\$500 to \$999 :

Alpine Kiwanis
Atkinson C.
Brehm D.
Buttall R.
Bruner, S
The Clark Family
Cordova/Beck
Costa Construction
Englestad J.
Ferrara Fire App.
Fidor Family
Floto A.
Halte, D&B
HSP Mechanical
Hydro Rain Gutters
Jiffy Machine
McLlhenney M.
Moorman, Emmalea
Richardson, M
Rosler, R.
Stillwater F.
Watkins, S.
Whale B.

\$25 to \$499:

A-1 Current Electric
Aberbom, D.
Alpine Fire fighters Ass.
Alvarado, J. & S.
Anderson, D. & C.
Andrews, J.
Atkins, T.
Bachner, J.
Baigent, W.
Bathrick, R.
Becks Music
Bernard, R.S.
Beverly, M.A. Trust
Bliz, R.
Binley, E.
Blake, L.
Bowin, W.
Bradt, M.
Bristol, G.
Brooks, H
Brooks, J.
Browning, K.
Bruggema, R.
Bunnell, L
Burley, E.
Burnworth, K
Caddie, D
Cairncross, S.
Camren, B
Cantrini, V.
Carter, D.
Cavins, S.
Chadwick, C.
Chamberlain, S.
Chase, L.&S.
Cheek, J.
Clark, K.
Clark, K.
Clark, M
Clinger, C.
Coffee, P.
Cooke, SL
Colomb, C.
Conrad, L.
Cossye, L.
Coulson, M.

Croucher, G.
Culkin, S.
Curry, R&J
Daniel, R.
Darcy, M.J.
Dawson, E.
Dean, D.
Demera, P.
Denkee, N.
Desmond Family
Dessel, D.
Dodson, R.
Downing, W.
Duncan, K.
Dunning, E.
Durkee, K.
East County Fire
Ebert, R.
Eddington, S,
El Cajon Grand Lounge
Elconin, J.
Elias, R.
Evans, J
Evangelista, B.
Ewers, J.
Ewing, R.
Faber, M.
Fenn, M.
Figueroa, P.
Fisher, J&E
Flor, D.
Forthun, V.
Fox, M.
Frischknecht, K.
Garber, G.
Garrison, J.
Gerrard, B.
Ghio, A.
Gilbreath, L.
Gilley, K.
Gipson, C.
Gilmore, C.
Gleason, J.
Gove, C.
Goward, O.
Goward, S.
Grace, T.
Greason, J. M.

Grey, S.
Groux, K
Harpenau, G.
Harpenau, K.
Harpenau, S.
Hart, J.
Hartwell, C.
Hedgecock, R.
Henry, J. Sr.
Hernandez, A.
Hernandez, N.
Herrera, N.
Higdon, A.
Hitt, D.
Hitt, J.
Hjelle, L.&J.
Holland, D.
Hopkins, P.
Horstman, L.
Howerton, S.
Hubecky, R.
Hubert D.&R
Hunt, S.
Iverson, S.
Iverson, R.
Jacobs, H.
James, W.
Jenkins, D.
Jobes, D.
Johansen, W.
Johnson, A.
Johnson, J.
Johnson, T.
Johnston, M.
Joslin, D.
Joyce, H.
Kane, M.
Katan, Roofing
Lenney, J.
Kerstine, K.
Knutson, A.
Kolbenschlag, C.
Komp, B.
Kremensky, K.
Krooskos, J.
Kruse, J.
LaFazia, M.
Lamberth, M.

Linderman, T.
 Lindnow, G
 Livengood, S.
 Lockwood, R.
 Luck, B.
 Luhnow, G.
 Macomber, M.
 Markert, J&T
 Marking, G.
 Mastri, K.
 McLelland, D.&M.
 McKenny, P.
 McKittrick/Barr
 Meredith P & G
 Michelson, R.
 Miller, D.
 Mitchell, T.
 Moore, J.
 Moorman Construction
 Moorman, T.
 Moorman E.
 Moreno, J.A.
 Morrison, D.
 Munoz, A.
 Nelson, B.
 Nelson, K.
 Nilles, J.
 O'Leary, M.
 Palanza, P.

Palmattier, R.
 Passiglia, K.
 Pena, S.
 Penterich Family
 Perry, M.
 Peterman, P.
 Pitman, M.
 Pittman, V
 Platt, J.
 Plunkett, D.
 Rhodes, K.
 Richardson, J.
 Richardson, M.
 Riley, P.
 Ring, R&B.
 Roberts, K.
 Rodgers, E.
 Rold, M.
 Russle, K.
 Rustice, J.
 Saetti, J.
 San Miguel Fire
 Sawaya, M.
 Schermerhorn, B.
 Schneider, T.
 Schroeder, A.
 Schumsky, A.
 Scott, M.
 Seebold C.

Selbel, R.
 Shackelford, C.
 Sheridan, J
 Silva, D.
 Smith, D.
 Smith, G.
 Smith, N.
 Sorensen, V.
 Springman, G.
 Stalmer, W.
 Stark, J.
 Stewart, V.
 Stone, R.
 Summers, C.
 Summers, J&B
 Sutton, D&R
 Sweeney, J.
 Taff, J&N
 Tatro, R
 Thearle, L.
 Thomas, D.
 Thompson, G.
 Tom, B.
 Treadway, A.
 Turman Guest House
 Tyrell, G.
 Ucker, L
 Valdez, A.
 Von Frankenberg, C

Wade, S.
 Ward, V
 Wardwell, W.
 Warner, V.
 Watkins, S.
 Weinbrandt, K.
 Weintraub, J.
 Weiss, K
 Wells, D&V.
 Whirlwind Propellers
 Wilcox, K.
 Wilder, K.
 Will, R.
 Wilson, D&L
 Wilson, J
 Winters, W
 Wright, G
 Yako, R,
 Young, P

Avon



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Crest Library

105 Juanita Lane

Hours: Tues. 12-8, Wed/Thurs 10-6, Fri. 9-5,
Sat 10-3

Children's Programs

Rosi's Coloring Table - Every Tuesday during open hours

PJ Story time - Tuesday, September 11 / Tuesday, October 23 at 6:30 pm

Baby Story time

Tuesday, September 18 / Tuesday, October 16 at 10:30 am

Read to Burnie: Stop by anytime
and read to a big friendly stuffed dog

Sign up for the In-N-Out Burger Reading
Program on October 22, 2007

Teen Programs

"Make It and Take It"

Every Saturday during open hours
free supplies provided

Make Ribbon Jewelry! September 1 to 8
"Shrinky-Dink" keychain crafts September 12 to 29

October - Celebrate Teen Read Month:
*Join our "Reading for Chocolate" team!

*Cooking class with Chef Margot
Tuesday October 16 at 6:30 pm!

*"Bees Wax Candle Making" October 5 to 27

Adult Programs

Crest Mystery Book Club

Discussing Joan Hess Murder@maggody.com - Thursday September 6 at 12:00pm

Jeanne M. Dams [The Body in Transept](#) Thursday, October 4 at 1:00pm

"E-mail for the Absolute Beginner" training
Thursdays, call Rosi for appointment

"Family Scrap booking Fun"
Friday, October 26 to Thursday, October 30
Free supplies provided

Celebrate Hispanic Heritage Month with "Fernando's Musical Serenade" September 25 at 6:30 pm
LIBRARY HAPPY HOUR: In honor of Library sign up Month Circulation Fees/Fines will be waived-
Friday, September 28 2-5 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 son sujetos a cambio o cancelación sin aviso*

JIM KELLY REALTY, INC ***HOME CAPITAL FUNDING***

Hello Neighbors!

If you or someone you know is interested in knowing the current value of their home, I would be happy to email you or them a FREE market evaluation. This will give you a good idea of an initial price range for your home with today's market.

If you are interested in this free service, please email my address below and provide me with the basic information listed below.

- Full Address
- Type of Property (single family, condo, duplex, other)
- Approximate Square Footage
- Bedrooms, Baths
- Any Additional Features, Room additions, Remodels etc
- Your e-mail address

I will send a market evaluation back to you with a price range based on the comparable property information I can compile from the Multiple Listing Service (MLS). If you are interested in a more precise evaluation, please let me know and I'll drop by for a quick review of your home.

Please feel free to email me if you have any questions or would like further information. I will send you valuable information about preparing your home for sale and getting your family ready to move. I can also send you listings on other properties throughout Southern California.

If you would like, send me your name and e-mail address and I will set you up in my system to receive free a monthly real estate newsletter.



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CREST RESIDENT 10 YEARS!
*“Personality can open doors, but only
character can keep them open!”*

Letters to the Crest Sun

Dear Residents,

One of the drawbacks of country living is that at certain times during the year we experience an over abundance of pesky critters. Animals on this list would include mice, rats, squirrels, and for some people, even rabbits. I have concerns that many are not aware of the dangers associated with the use of poisons in ridding their property of these pesky animals. I believe that they are unaware that using poison kills secondary animal life. This means that the wildlife who usually help to rid our property of these pests are dying too. And this makes the situation even worse. One of my neighbors traps the animals and then uses them for target practice. It is illegal to shoot guns in our neighborhoods for obvious reasons.

I realize that poisoning and shooting these critters is very convenient for many, but there are negative consequences for these actions. If you are facing an over abundance of any of these critters please re-evaluate your methods to rid them. There are other ways. I cannot list them all here but encourage readers to "google" the problem and see how others are coping with a similar situation. There are other options and you might find something that works for you too. If you have any ideas or solutions please write in and let the other readers know. Let's put an end to the accidental killing of our hawks, owls, bob cats, snakes and coyotes. Let's keep our wildlife safe here in Crest.

Shirley Watkins
Crest

I love Crest. Every evening as I come up the hill after a long day at work the beautiful, peaceful scenery just automatically helps me to relax and forget the hectic, busy day. I sit out on the back porch in the evening and watch the sunset and feel lucky to live here. The people that live in Crest are great, too. There is sense of community here that you just don't see in the city. I like the freedom from strict rules and all of the wide open spaces. But lately, every night after the sun goes down and Crest begins to settle down for the night the dogs start barking....it's not just the barking you hear when the coyotes are out in full force or another dog is walking by...it's that constant non-stop barking that goes on for hours and hours...night after night. At first I thought it was my imagination. Then I started asking other people in our neighborhood and they have noticed it too. It's the same two or three dogs every night and they go on and on and on. How can their owners sleep through that noise? Where are their owners? Isn't the noise making other neighbors that live even closer to the barking than we do crazy? I go to bed each night hoping that tonight the dogs won't bark but then it starts and the dogs wake us up out of a sound sleep. We get up and shut the windows (which makes it too hot in the house); we turn on a fan to create some 'white noise'; We put on headphones. Nothing works. The interrupted sleep makes us groggy and tired the next day. Then I start to think - this isn't fair. We shouldn't have to put up with barking dogs night after night. We need to respect each others space and right to quiet - especially in the middle of the night. I hope that these pet owners read this editorial and take control of their dogs. Then we can all go back to living in the quiet, peaceful community that Crest is. After all, that is why we're here, isn't it? Thanks for listening.

Barbara Atkins
2412 Eucalyptus Drive, Crest