



A Newsletter for Crest

Volume 9

September/October 2008

Number 5

With the Clubhouse completed and dedicated, we are up and ready to “rock”. Volunteers have been working on the details of making our Center a quality establishment. Soundproofing, shadowboxes, stepping stones, and landscaping are just a few of the finishing touches. *The Clubhouse and its activities are for all of Crest residents to enjoy.*

There are many upcoming activities being planned and we hope you are ready to participate! We need your input to get things rolling. Please contact us if you are interested in participating or volunteering towards the success of any of the following activities by calling 44-Crest and leave your number or email editor@thecrestsun.com.

Bridge: Are interested in playing bridge at the clubhouse in the daytime or evening? If so, email us soon so we get these groups going soon!

Yoga, gymnastics, and cheer will be offered at the clubhouse if there is interest. Contact us soon! (see ads in this edition)

A Digital Photography tips, Tricks and Crafts Class will be offered if there is interest.

Sunday Football Gatherings at the Clubhouse Let us know if you wish to meet and watch the games on the center’s big screen TV.

Mark your Calendars:

September 1 – Ice Cream Social and Movie Night - A community gathering to relax after all that shopping getting ready for school.

September 10th - Carne Asada Dinner. \$5.00 a plate – Have dinner at the clubhouse and help support the clubhouse.

September 16th 7:00 - CCA Meeting. Crest Celebrates Phil Goettsch and family for their hours and years of dedication to create a magnificent timber frame structure for all of us to



enjoy. Bring a dessert to share.

Refreshments will be provided. Come celebrate.



September 20, 6-9 pm

Ladies Bunco Tournament at the Clubhouse

Come join the fun! No need to know how to play, we will teach you. Cost: \$20 to cover snacks, prizes and CCA donation. Make checks to “Friends of Crest” and mail to 113 N Park Dr. El Cajon, CA 92021 before 9/15 (\$30 at the door).

October 9, 6:30- 9:00 pm - Wine and Cheese Night - Meet the Candidates.

Candidates running in the November election have been invited to this event. This is an informal evening where you will be able to talk with candidates one-on-one as well as hearing them speak to some of our Crest concerns.

November 13, 8:30-10:30 - Coffee with Dianne Jacob - Drop by for coffee and conversation with your County Supervisor.

The S’more Night (marshmallows, chocolate and graham crackers) recently held was a great night. Watch the sign boards for the next one. These events are for everyone.

The clubhouse is ready to try an open “mic night” and or Karaoke.

The walls now have the acoustic paneling on them and are ready to be tested for sound. Are there any volunteers out there to help us? We have the equipment and speakers- **we just need you.** Call 44-CREST, or email Kandhy Franklin at: crestcca@yahoo.com.



CCA Meetings – 9/16 & 10/21 – 7:00 pm

Finally, don’t forget to attend the monthly Crest Community Association meetings Additionally,

support your community by joining the Crest Community Association (See below)



We are stepping, we are stepping! Thanks to those organizations that have completed their stepping stones for our walkways. They are so interesting.

Come by and see them at your earliest convenience. The completed ones so far are: The Crest Sun, Sub-Regional Planning Group, the Garden Club, The E-Crest-Rians, Scout Troop 332, and one Girl Scout group. All of the supplies are there for you, so come by and make yours.

We are open every Friday from 10am to 1, and other days when you see the construction volunteers on site. Stop by and say hi.

Our shadow boxes at the clubhouse are installed and filled with Crest Souvenirs. We have t-shirts, many types of mugs, license plate holders, computer mouse pads, stationary, and bumper stickers. You can call **44-CREST** or come by to purchase memorabilia. There are special mugs of our community that have beautiful digital photographs on them. We have mugs with pictures of our three churches, scenes of our clubhouse, and Crest School happenings.

Trivia - Did you know that the Crest Sun logo pictured on the front of our newsletter is the same logo used in 1934 by the Crest Community Organization! (The name on the banner was edited) Pretty Cool!

WILD HORSES TURN THEMSELVES IN TO OUR FIRE DEPARTMENT!

In case you missed it, Friday August 22nd three Belgian Draft horses weighing over 2,000 pounds, found themselves out and about in Crest. They ran passed the school, ate grass here and there and found themselves in the middle of the road and in front of the station when our firefighters/cowboys "rode upon the scene". Oddly enough the horses were standing in front of the "Safe Surrender" sign at the station. Our quick thinking guys, "headed them off at the pass" using a fire engine and herded them into the grass yard at the back of the station. Everyone was safe and returned home- Great job and quick thinking guys! Thanks.



Have you made your ceramic tile? All of the tiles that were made after the Cedar Fire are up on the back wall at the clubhouse. They are so amazing and creative. If you didn't make one, there is still time. If you have never done something like this, don't let that stop you as we can help explain the process. You can get tons of ideas from the ones already done, or use tracing paper from something that you love, or even use stencils. We have blank tiles just waiting for you! Unless you were a fire survivor, the cost is a \$25.00 donation. Proceeds go to support the clubhouse.

Are you a member of the 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 _____ E-mail: _____

Are you interested in volunteering? The more active you are, the more fun you'll have!

Committees:

- | | |
|---|--|
| <input type="checkbox"/> Membership | <input type="checkbox"/> Volunteer Committee |
| <input type="checkbox"/> Special Events (July 4 th) | <input type="checkbox"/> Community Garden |
| <input type="checkbox"/> Spaghetti Dinners, concerts, etc. | <input type="checkbox"/> Governance |

Questions: Call 44-Crest and leave a message.

Events and Contacts

Crest Calendar of Events September/October 2008		
09/01	TBA	Ice Cream Social/Movie -Club
09/01	10:00 am	Crest Garden Club-
09/02	8:30	EDI Board of Directors Crestridge Kiosk
09/02	1:00 pm- Lib	Crest Historical Society Mtg – Library
09/05	TBA	Movie night – Crest Church
09/10	TBA	Carne Asada Dinner -Clubhse
09/11	7:00 pm	San Miguel Fire Board
09/13	7:30 am	Kiwanis Mtg – Clubhouse
09/13	11-4	San Miguel Fire Exp Rancho San Diego Stat.
09/13	3-6	Ecestrian BBQ- Kandhy's
09/16	6:30	Guitarist Jose Rodriguez –Lib
09/16	7:00 p.m	CCA Meeting – Clubhouse Phil Goettsch Celebration
9/20	6-9:00 p.m	Ladies Bunco Tournament
09/22	6:00 pm	Kiwanis Mtg – Clubhouse
09/27	8:30-10:30	Breakfast by Kiwanis Clubhouse
10/06	10:00 am	Crest Garden Club – TBA
10/07	8:30	EDI Board of Directors Crestridge Kiosk
10/07	1:00 pm-	Crest Historical Society Mtg – Library
10/09	6:30-9:00	Wine and Cheese – Meet your Candidates - Clubhouse
10/9	7:00 pm	San Miguel Fire Board
10/11	7:30 am	Kiwanis Mtg-Clubhouse
10/18	TBA	E-crest-rian Halloween party South Lane Park
10/21	6:30	Mandolin/Guitar due – Lib
10/21	7:00 pm	CCA Meeting – Clubhouse
10/20	5:00 pm	Deadline for Crest Sun Sept/Oct issue
10/20	6:00 pm	Kiwanis Mtg – Clubhouse
10/25	8:30-10:30	Kiwanis Breakfast Clubhouse
11/8	TBA	Crest Church 75 th Anniversary
	6:30 pm	E-Crest-rians – clubhouse
11/13	8:30-10:30	Coffee with Diane Jacobs - Clubhouse
11/17		Deadline for gift boxes – Crest Church
Services Wanted		
Gardner		858-831-1800

Crest Community Contacts		
Crest Community Asn.	Noelle Carranza	447-6269
Community Church	Anna Johnston	442-3736
Cornerstone Church	Pastor Dennis	579-5633
Crest Black Board	Friends of Crest	44-Crest
Clubhouse Rentals	Debbie Fox	442-8058
Crest Garden Club	Arlene Palmer	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Don Halte	444-4503
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School	Office	588-3128
Crest Newsletter Information	Linda Hjelle Chris Seebold	440-8540 447-5826
www.thecrestsun.com	Karin Weiss	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
Friends of Crest	Message	44-Crest
San Miguel Fire Dst.	Business Office	670-0500
Sheriff	Dispatch (858)	565-5200
St Louise Church	Father Languille	444-3076
Sub-Regional Plan.	Judy Bowen	440-0783
Stores and Restaurants		
Crest Foods	Tony	444-8132
Lenardo Pizzeria	Sam	444-1389
Rainbow Farms Mrkt	Mark	444-7504
The Vine	(Alpine)	722-7046
Advertisers		
A Crest Plumbing	Erick Mack	590-2625
Angies Tumble Shop	Angie	792-9740
Arbonne Int'l	Kia Maize	518-9504
Avon	Yvonne	449-8556
Beck's Entertainment	Jerry Beck	440-0797
Century 21 Award	Connie Gipson	606-2400
Central Air & Heating	Charles Collins	444-9955
E&L Mobile Repair	Eric Flick	654-3849
George Bowlby Elec.	George Bowlby	440-3051
Housekeeping/Babysit	Nancy	490-7256
Kathy Kuts	Kathy Kaderabek	447-1945
Kidsware	magickidsusa.com	
LadyBug Lather Co	crestflo@cox.net	
Loan & Real Estate	Rayna Mack	922-2524
Piano Lessons	Amanda Shadrick	588-8862
Piano Lessons	Debbie Joslin	579-2156
RokDog.net	Karin	334-1913
Right Hand Ladies	Marie	328-1157
Simply Marvelous	Risa Goldberg	231-1113
Terry's Pools	Terry	922-3091
TNT Carpet Care	Troy	208-2708
Vacation Guide	Patrick Wolff	858-831-800
W3U Web Services	Jack Martin	800-644-0305
Xango	Marie	328-1157
Xocai Chocolate	Pat Goulart	442-4879
Yoga	Aida Amar	722-1471

**Dinner at one of those fancy
downtown restaurants
\$50-\$75 dollars**

**A bottle of decent wine
\$50-\$100 dollars**

**Gas money for a round trip to
San Diego
\$15-\$20 dollars**

**Parking downtown
Aggravation + \$8 dollars**

**A good meal and a nice bottle of
wine in your own backyard...
Priceless!**



The Vine
Wine Bar & Bistro
2502 Alpine Blvd. Alpine Ca. 91901 619-722-7046

Suzanne Mullins, Crest Resident, Runs for Cajon Valley School Board

Suzanne Mullins, long time Crest resident, is seeking a seat on the School Board for the Cajon Valley School District. Before retiring from the Cajon Valley School District in 2007, Suzanne served as a dedicated teacher at the Montgomery and Hillsdale Middle Schools. During her career, she served on many committees providing her with exposure to the various budgetary and curriculum aspects of the district in addition to the many challenges associated with teaching. Suzanne's two sons attended Crest Elementary School and Greenfield Middle School. Suzanne continues to be involved with students in Crest with her volunteer efforts at the Crestridge Ecological Reserve. Additionally she organized the 2008 San Diego County Middle School Track & Field Meet, the only S. D. County event of its kind for middle school students. On a lighter note, you might recognize Suzanne marching in the Crest Parade. She is one the founders of the Crest Lawnchair Brigade.



When asked why she was running for the Board she stated, "Public schools have always been a priority in my life. I want to serve on the CVUSD School Board because I desire success for Cajon Valley's students & Crest School. I believe I am qualified for the position. My experience of working with the budget and other committees has taught me how efficient spending can maximize the benefits of educational dollars. As a successful Middle School teacher for 34 years, I know what works for kids. Please vote for me in November."

"IF YOUR DRAINS ARE SLOW I CAN HELP!"

A CREST PLUMBING & DRAIN CLEANING

BUSINESS LIC # 0010096/ INSURED

******* PLEASE CALL FOR FREE ESTIMATES*******

BEFORE YOU CALL SOMEONE ELSE!

SHOWER VALVES, SHUT OFF VALVES

PRESSURE REGULATORS

WATER HEATERS

DRAIN CLEANING **HOUSE PACKAGES AVAILABLE**

****GO GREEN, STOP BUYING BOTTLED WATER- REVERSE OSMOSIS-**

INSTALLATION FOR FRESH FILTERED WATER

PVC REPAIRS AND INSTALLATION

BATHTUBS, PEDESTAL SINKS, VANITY KITS

COPPER REPAIR SPECIALIST

NEW FAUCETS & TOILETS



**** FREE PLUMBING INSPECTION WITH ANY DRAIN CALL****

****Thank you Crest Residents for your continued support!****

FAMILY OWNED AND OPERATED

CREST RESIDENT 10 YEARS

ERIC MACK

619-590-2625

****SENIOR DISCOUNT****

****MILITARY DISCOUNT****

****CREST RESIDENT DISCOUNT****

Not a "California State" Licensed Contractor

**Thanks to Knox Services,
printers of the Crest Sun!**



Total Document Management
5 Southern CA Locations

- No Rush or Overtime Charges
- Free Pick Up and Delivery
- High Speed Digital Color Reproduction
- Detailed Quality Control
- Quick Turnaround Time
- Large Format Color + B/W Exhibit Boards
- Oversize-Blueprints
- On-line Ordering
- Binding/Indexing Services
- On-Site Capability
- Available 24 Hours/Day, 7 Days/Week

Knox Reprographics
San Diego's only locally owned and operated Reprographics company, providing Total Document Management since 1972. We manage documents from paper to electronic image, and back again. Let us manage your documents, it's our business!
Meeting deadlines with uncompromised quality!
Call us for a quote on your next copy project!

619.230.6300 www.KnoxSERVICES.COM

Piano Lessons



Taught by Amanda Shadrick;
Experienced teacher

Certified Level 10 Pianist
thru Certificate of Merit program.

Beginning thru Early-advanced

In my Crest home: 588-8862
References available on request.



WANT YOUR CASH NOW?

**Are you receiving monthly payments on a mortgage note
you hold for property you sold?**

IF SO, CALL ME

“I WILL PAY YOU CASH FOR YOUR SECURED NOTES”

Did you know you can sell your note and receive a lump sum of cash for it?

***Residential, Commercial, Business, Mobile Home
Settlements, Judgments and so many more***

619-328-1157 or

619-697-9669

www.righthandladys.com

****NOTE INVESTORS****

“A dollar is worth more today than tomorrow.”

It's Free in San Diego County.... Mark These Dates for a Fun Day



9/13-14 Artwalk on the Bay Location: Downtown 619-615-1090 - The beautiful Embarcadero Marina Park North (behind Seaport Village) provides a scenic venue for art, music and interactive art experiences for children.

9/21/08 Coronado Art Walk - The Coronado Art Walk is coming to town for the third year in a row and will involve nearly 100 artists displaying their work. The Coronado Art Walk is an open-air arts festival set in the pristine surroundings of historic downtown Coronado and the Coronado Ferry Landing. Two double decker buses will transport visitors free throughout the day, from the Coronado Ferry Landing to the Art Walk. Docents will be on every bus ride pointing out Coronado's public art and Coronado Main Street's Memorial Gardens along the way. Visitors are encouraged to bring their bikes aboard the San Diego Bay Ferry and make a day of it. The ferryboat leaves Downtown San Diego on the hour and departs Coronado on the half-hour.

9/27 – 28 Annual Pacific Islander Festival -9/27/08 – 9/28/08 – Showcases the cultures, foods, crafts and customs of Melanesia, Micronesia and Polynesia at Ski Beach on Mission Bay.

10/03/08 – 10/05/08 – Bazaar del Mundo annual Santa Fe Market – Juan and Taylor St in Old Town. Experience American Southwest arts, culture and entertainment during this free weekend celebration. Native American tribe members and noted Southwestern artists demonstrate their crafts and present their wares. Nonstop entertainment and mouth-watering Mexican cuisine will also be offered at the event.

Octoberfest - While originally celebrated in Germany in early 1800s to honor the country's royal family, Oktoberfest today is simply a reason for 6 million people to come to Munich to drink, eat and be very merry. The Munich celebration may have more than 150 years on us in San Diego, but that doesn't mean we don't know how to throw a party. Here's where you can chug a hefty stein of lager, chow down on a Bratwurst and oom-pah-pah to your heart's content.



- **La Mesa Village for the 35th Annual Oktoberfest. (October 3-5)** You don't want to miss the Grand Daddy of all street fairs and the largest 3-day Oktoberfest West of the Mississippi. http://www.lmvma.com/lmv_oktoberfest.html. Put on your walking shoes and be prepared to walk 6 city blocks filled with over 300 craft and commercial booths, 5 food courts, 3 beer gardens and a children's carnival. Times: Friday/Saturday October 3-4 11am till 10pm. Sunday, Oct 5 12-6pm .
- **Oktoberfest in El Cajon (Sept. 30 and Oct. 1 & Oct. 7-8) – German American Society – 1017 S Mollison.** www.germanclubsandiego.org 442-6637
Dance to the sounds of a Bavarian band at the two-weekend Oktoberfest in El Cajon.
- **Oktoberfest in Julian (Oct. 4-5 10-4 pm) – www.julianca.com/media/oktoberfest.htm**
Take a picturesque day trip to Julian for their annual Oktoberfest, pretty fall colors, and more.

10/12 -14th - Annual Little Italy Festa 10:00 am – 6:00 pm - India Street between Ash and Grape St. Come and enjoy over 120 Italian Food & Crafter Booths, 2 stages of entertainment, Little Italy's Chalk Painting Event, a Stickball Tournament and a Beer & Wine Garden. Load up the family, friends & pets and come to the Largest Italian Festival outside of New York City. For more information <http://littleitalysd.com/festa/index.asp>

10/24/08 – 10/26/08 – Annual Borrego Days Desert Festival - Weekend activities include arts and crafts, a parade and the Miss Borrego Springs Pageant in the town of Borrego Springs 760-767-5555.

10/25/2008 - 11 am to 6 pm - The Boulevard Boo! Parade and Carnival The El Cajon Blvd in College area and Clay Park Halloween parade has amazing floats, costumes and marching bands. Halloween carnival with live entertainment, dance groups, vendor booths, kids costume contest, raffle, and haunted beer garden.

REAL ESTATE & LOANS

EXPERIENCED - HONEST- RELIABLE

****48 HOUR **LOAN APPROVALS******

FORECLOSURE LISTINGS

FREE APPRAISAL WITH CLOSED LOAN

FREE COMPARABLE MARKET ANALYSIS

FHA AND VA LOANS AVAILABLE

*I DO LOANS AND REAL ESTATE WHICH WILL MAKE
YOUR TRANSACTION RUN MUCH SMOOTHER
INTERVIEW ME FOR YOUR NEXT DEAL!*

CALL OR EMAIL FOR LISTINGS

619-922-2524

raynaknowsrealestate@cox.net



~REALTOR, LOAN CONSULTANT, NOTARY PUBLIC~

CREST RESIDENT 10 YEARS!
REFERENCES AVAILABLE UPON REQUEST

“Personality can open doors, but only character can keep them open!”

News from the Crest Library

Thanks to all who signed up for our "Catch the Reading Bug" program this summer! We're grateful for your support and hopefully everyone had fun reading and working towards prizes. Overall, 220 of you (6 babies, 16 pre-schoolers, 74 grade school students, 44 teens, and 80 adults) took the challenge to read your way through June and July! Many of you remarked that you enjoyed the entertainment at the 12 programs we selected for Children, Teens, and Adults. A special thank you to Crest residents Shelly Harpenau and Chef Margo Leidy for sharing their make-up and cooking expertise with our customers.

Prizes were awarded on July 29. with a standing room only crowd present! Mary Hopkins and Susana Dominguez were our adult winners. The teen Grand Prize of a \$40 Westfield Shopping Center gift certificate went to lucky Joseph Nilles. \$20 Toys R Us and Westfield gift certificates were won by Maddi Phelps, Chloe Nilles, Noel Herrera, Becky Pettijohn, Elia Delgado, Jade Kissinger, Gillian Buchanan, Shane Neal, Josiah Davies, Brandon Delgado, and Rachel Wee. Numerous other prizes, and toys were raffled out to others who had read their required # of hours. We would also like to thank our many sponsors: Legoland, San Diego Zoo, San Diego Natural History Museum, Home Town Buffet, Color Me Mine, JE Boutique, Carl's Jr., Jack in the Box, Del Taco, Pizza Hut, and Harbison Canyon Yoga Center.

Here's hoping all that reading will benefit each and every one of you students in the upcoming school year!

Coming soon to Crest Library- San Diego County Library will be funding a mural of our Crest history to be painted by artist Mona Mills. You can view Mona's work at the El Cajon, Lakeside and Fletcher Hills libraries. Beginning date for our mural- TBA.

Finally, please save these dates: Tuesday, 9-16, guitarist Jose Rodriguez will be performing for Hispanic Heritage month, and on Tuesday, 10-21, mandolin/ guitar duo Chris Acquavella and Alexander Meyers will perform "Historia del Mandolino" for your listening pleasure. Both programs will begin at 6:30p.m.

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): 8:00 a.m. and 10:30 a.m.
- Morning Eucharist (Mass): Monday through Thursday: 8:00 a.m.

Crest Community Church

2198 Suncrest Blvd,
619-442-3736
David C. Wells, Pastor



Services:

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



**Cornerstone
Church**
205 Lento Lane
579-5633
Dennis Ottalogono,
Pastor

Services:

- Wednesday 7p.m. worship
- Sunday - 9:30a.m.

**If you are interested in renting the clubhouse
for your next event, contact DEBBIE
MILLIGAN FOX at 619-442-8058 for details**



CREST COMMUNITY CHURCH NEWS!!!



We just finished a wonderful week of Vacation Bible School here at Crest Community Church. The kids learned about the heroes of the Bible and how they too can be a hero.

Our hosts were, "The Pirates Who Don't Do Anything."

Everyone was in costume including some of the kids.

We all had a great week of Bible stories, music, games, snacks and cool crafts.

Everyone is invited to join us for a Community Celebration of Crest Community Church's 75th Anniversary.

Come and see old friends and make new ones.

There will be food, fellowship and fun for the whole family on November 8, 2008. Watch for more details.

There are many more fun family events coming up including more outdoor movie nights.

The next Movie Night will be on September 5.

It's like the drive-in, only free and without cars.

We are participating in Samaritan's Purse Shoe Box Ministry again this year.

Last year, thanks to community support we sent over 40 shoe boxes to children in need. We hope, with your help, to surpass that number this year. The boxes must be dropped off at the church no later than November 17. Details will follow, or call the church at 442-3736 for more information or go to http://www.samaritanspurse.org/index.php/OCC/Pack_A_Shoe_Box.

WE HAVE:

- **Sunday school classes for ages K-adult Sunday mornings at 9:30**
- **A contemporary Worship service Sunday mornings at 10:45**
- **Sunday evening Bible study and prayer service at 6:00**

We are here to serve God and our community and are looking forward to worshipping with you! Save a few gallons of gas and travel time, and worship with us here at Crest Community Church.





Connie Gipson

Multi-Million Dollar Producer
Crest Specialist For 24 Years



5640 Baltimore Drive
La Mesa, CA 91942

Cell: (619) 606-2400



Crest Real Estate Update



Residential

Now On The Market

360 Lento Lane	\$ 179,900
111 Albatross Place	\$ 195,000
226 Lilac Drive	\$ 249,900
208 Thornton	\$ 350,000
344 Mountain View Road	\$ 350,000
2136 Eucalyptus Drive	\$ 339,000-\$369,000
2400 Eucalyptus Drive	\$ 369,000
113 Burdett	\$ 345,000-\$395,000
420 Mountain View Road	\$ 399,900
310 Alamo Way	\$ 464,000
2527 Eucalyptus Drive	\$ 449,900-\$489,900
2810 La Cresta Road	\$ 549,900
220 Highline Trail	\$ 550,000
210 Kens Road	\$ 765,000
408 Alta Lane	\$ 885,000
15076 Montana Serena	\$ 920,000
1324 Tracey Lane	\$ 999,000-\$1,150,000
3335 Suncrest Blvd.	\$1,200,000-\$1,250,000
14910 Montana Serena	\$1,075,000-\$1,225,000

Pending In Escrow

224 North Lane	\$ 209,900
1042 Old Mountain View Road	\$ 725,000

Recently Sold

107 Wall Place	\$ 177,500
119 Jarrett Lane	\$ 295,000
1247 La Cresta Blvd.	\$ 500,000
14914 Montana Serena	\$ 850,000

Vacant Land

Now On The Market

Jarrett Lane	\$ 125,000
2135 Crest Drive	\$ 159,000
152 Bonita Place	\$ 175,000
Senda Lane	\$ 219,000
2737 La Cresta Road	\$ 239,878
South Park Place	\$ 249,500
Saxton Lane	\$ 249,500
Saxton Lane	\$ 249,900
140 Alamo Way	\$ 299,000-\$349,000
Stoneridge Road	\$ 349,000
550 Alta Lane	\$ 350,000
526 Alta Lane	\$ 390,000
1909 La Cresta Road	\$ 450,000
La Cresta Road	\$ 450,000
1496 Montana Serena	\$ 550,000

Pending In Escrow

No listings are now in escrow

Recently Sold

No vacant lots have recently sold

Connie Gipson
Century 21 Award

for

Experience, Knowledge & Dedication

(619) 606-2400

Data from Sandicor, Inc. and the San Diego Recorder's Office effective August 15, 2008 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 Community Welcomes Dr Martin Jaquez As Crest School Principal



A Note From the Principal:

As I drove up La Cresta I became more and more excited. As I rounded the curve onto Suncrest I saw the church and a few yards further was Crest School. I drove into the parking lot, parked my car, walked to the front door, stepped inside the hallway, and took a deep breath. I was back where I was first principal back in 1991; a lot older, hopefully, a little wiser. As I walked around the campus there was no one there. This gave me the opportunity to quietly reminisce about all the wonderful times with students, parents, teachers, and community.

I look forward to a wonderful year. I have already met many parents who are actively involved in the PTA. They are excited and anxious to get the school year started. I have also reconnected with teachers who were here when I first was here and have also met teachers new to me.

A new face to the front office will be that of Sandy Gibson. Sandy was hired as a clerk II to support Beverly Askey. Both will make a wonderful team who will welcome you and be supportive of your needs.

In our business there are always questions and concerns especially if they involve the safety of your children. Feel free to contact me if you have any questions. I can be reached at 588-3128. If you are in the neighborhood, stop by to say hello. I look forward to meeting you.

Martin Jaquez
Principal, Crest School

School Calendars

Cajon Valley Union School District

Crest School Holiday Schedule 2007-2008 & 2008-2009

2008-2009 Schedule

08/25/08	First Day of School	12/22-01/11	Winter Break
09/01/08	Labor Day	01/19/09	Martin Luther King Holiday
11/10-11/08	Veterans Day	02/09/09	President's Day (Lincoln)
11/26-28	Thanksgiving Holiday	02/16/09	President's Day (Washington)
		04/06-17	Spring Break
		05/25/09	Memorial Day
		06/19/09	Last Day of School

Grossmont Union High School District

Granite Hills Holiday Schedule 2007-2008 & 2008-2009

2008-2009 Schedule

08/18/08	First Day of School	12/22 – 01/04	Winter Break
9/01/08	Labor Day	01/19/09	Martin Luther King Holiday
11/11/08	Veterans Day	02/09/09	President's Day (Lincoln)
11/27-11/28	Thanksgiving Holiday	02/16/09	President's Day (Washington)
		04/06-04/17	Spring Break
		05/25/09	Memorial Day
		06/04/09	Last Day of School

About Crest...

The Crest Road.. 1929

At the time when a land sales developer started on Suncrest - the original name of that development (in Crest) - there was just a wagon trail going to an abandoned ranch they had taken over. That road was on the side of the hill overlooking Dehesa Valley. This was graded enough for automobile travel when the much advertised site was opened for sale for "weekend cottages, away from the heavy fogs of San Diego." On the opening weekend and subsequent weekends for some time, traffic was limited to certain hours to drive up the road, and alternate hours to go back down, as the road was much too



narrow for cars to meet. During the week it was "drive at your own risk." A few turnouts were made so when two cars did meet one had to back to the closest turnout.

It wasn't long until people owning property there decided that this was a nice location for a full time residence and these full time residents soon petitioned the county to furnish them with a "decent" road. The county engineers found the best answer to that problem was to put in a completely new road in what was known at that time as Forester Creek Canyon. These pictures were taken in 1929 when the building of that road was in progress. With a few changes that is the present La Cresta Rd.

Photos above are of the workers and equipment used during the road building process.



Our thanks to Kathryn (Dodson) Benson of Mill Creek, Washington. Kathryn sent us these fabulous photos and story along with the following note to our website at www.thecrestsun.com.

"I grew up in the Crest area and lived there from 1913 - 1941 so I found it interesting to see the Crest Sun on-line. When I first read your request for any old pictures that might be of interest in the history of Crest I said I had nothing, but a little later I remembered these taken when the present road to Suncrest and La Cresta was being built."

(Photo to right: J.H. Dodson, Jr (Jack) - Kathryn's Brother - 1929.)



Additional information regarding Crest can be obtained 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.



Entertainment & DJ Services

Celebrate your unique style...
your individual personalities...
the soundtrack of your lives...



Your memories set to music

Ceremony
Reception
Custom Monograms

Effects Lighting
Online Planning Tools
Video Projection

experienced, professional, reliable

www.becksentertainment.com

619.440.0797 619.246.2325

*We are very honored to be nominated again this year as one of
San Diego's A-list DJ's sponsored by KGTV Channel 10
Can you please take a moment and vote for us by going to the link below
<http://kgtv.cityvoter.com/beck-s-entertainment-and-dj-services/biz/53617>*

*Or simply click on the A-list links at:
www.becksentertainment.com*

Going Green

Mosquito Fish The Good and the Bad....

By Linda Hjelle



Mosquito Fish are small freshwater fish that eat mosquito larvae found in standing water sources such as bird baths and neglected pools. Since mosquitoes can complete their life cycle from egg to adult in as few as 7 days, controlling

mosquito larvae is important since it limits the number of adult mosquitoes in the area. Adult female mosquitoes bite humans and animals and can spread diseases such as West Nile virus, malaria, and several types of encephalitis.

The County of San Diego Vector Control program uses Mosquito Fish as one method of controlling mosquito larvae. Mosquito Fish give birth to live young, rather than laying eggs. Each fish lives for about 1 year, and begins eating mosquito larvae as soon as it is born. Mosquito Fish are compatible with most ornamental pond fish. They live best with fish their own size, as larger fish may eat the Mosquito Fish. If the Mosquito Fish are living with larger fish, they need hiding places like rocks and vegetation

This method of mosquito control is not for every environment... Mosquito Fish **should never** be placed in any natural habitat such as lakes, streams, rivers, or creeks. They are greedy eaters, so by placing them into natural waterways, they may wipe out natural species and disrupt the balance of life. Recent studies suggest California's declining amphibian populations can be linked to Mosquito fish introductions as well.

To obtain additional information on mosquito control, call the San Diego County's Vector Control Program at (858) 694-2888, email vector@sdcounty.ca.gov, or go to <http://www.co.sandiego.ca.us/deh/pests/mosquitofish.html>

Editor's note: After obtaining the fish from the County, we found mosquito fish was not the perfect solution as we do not want to endanger the breeding ground for our tree frogs and dragon flies. Additionally, the three mosquito fish we obtained from the County for our small self contained pond have multiplied significantly. We plan to return the fish to the County before spring.

(Remember, never dump the fish in natural waterways since they will harm the environment). If you have the appropriate need and environment for mosquito fish, email editor@thecrestsun.com and we can share.

GARDNER WANTED IN NORTH CREST

One day per month to weed wacky, trim our bushes, and keep yard looking nice.

Must be reliable, and we must have a way to reach you.

\$15/Hr for experienced Gardner.

Patrick/MaryAnn
Call 858-831-1800



READER TIPS Free Stuff...

Did you know that Kids Eat Free on Saturdays and Tuesdays from 4-10 pm at **Denny's** in the Los Coaches shopping Center? (Next to Walmart)?

Kids 12 and under also eat free on Tuesdays at **Pat and Oscars** in Parkway Plaza, El Cajon

Wednesday, Sept 3, 11 am-10 pm – Show your Zoo pass at any **Chipotle Restaurant** and get a free Burrito, Taco, Bowl or Salad.

Stop by Starbucks any Tuesday in Sept from 2-4 pm and get a ticket voucher good for a complimentary adult or child ticket to the **Zoo** with the purchase of an adult ticket.



1335 La Cresta Blvd, Crest, CA

619-444-7504

Friendly Service

Wide Selection of Groceries

Beverages and Ice

Beer, Liquor, Coolers

Large Wine Variety

We have lots of new items and notions

Stop here first before you go down the hill!



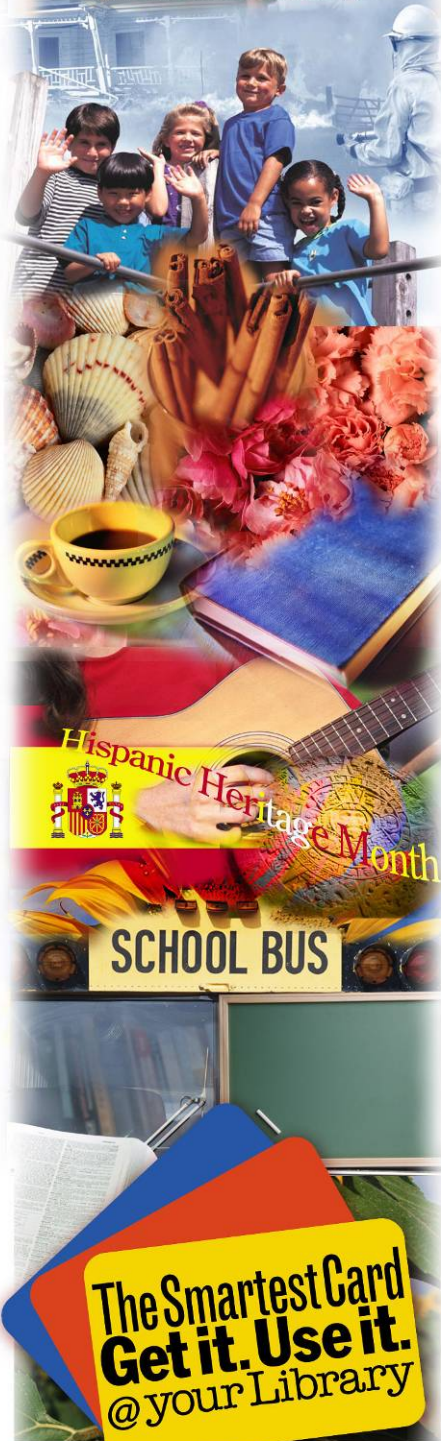
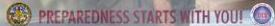
**Thank you for stopping at Rainbow Farms Market
And shopping on the "Hill"**



HAVE YOU CREATED A FAMILY DISASTER PLAN?

Download a plan at:
www.sdcounty.ca.gov/oes
 or request a copy by phone
 (858) 565-3490

San Diego County Office of Emergency Services
 Available in Multiple Languages



**The Smartest Card
 Get it. Use it.
 @your Library**

105 Juanita Lane El Cajon, CA
 T 12-8 W Th 9:30-6 F 9:30-5
 Sat 9:30-3 Sun & Mon Closed

September-October @ Crest Library

Children's Programs

Rosi's Crafts & Coloring Table.

Every Tuesday during open hours

PJ Storytime & Annual Costume Parade.

Tuesday, September 23 & October 28, 6:30 PM

Baby Storytime. *Wednesday,*

September 17 & October 15, 10:30 AM

Tuesday, September 16, show your library card at any Chitpotle and you will receive a free burrito, bowl, order of tacos or salad

Teen Programs

Celebrate October Teen Read Month: Join our "Reading for Chocolate" team! Complete a review sheet for a book you read and get a free candy bar!

Wii Like to Dance. *September 12, 19 & 26, 3:30 PM*

Make it and Take it Teen Crafts. *Fridays, 3:30 PM*

Sign up for the In-N-Out Burger Reading Program.

Saturday, October 11

Adult Programs

Crest Mystery Book Club. You Belong to Me by Mary

Higgins Clark, & Stone Monkey by Jeffery Deaver.

Thursday, September 4, & October 2, 12:00 PM

Club de Lectura Leyendo Juntos. Por Siempre Mía por

Mary Higgins Clark y Mono de Piedra por Jeffery Deaver.

Jueves, Septiembre 4 y 2 de octubre, 11 AM

Free Computer Classes. *Thursdays, Beginners 11 AM*

Intermediate 11:30 AM call Rosi for appointment

Saturday Family Crafts. *11:00 AM*

Beeswax candles September 13 & 20

Wire Sculptures September 27 & October 4

Shrinky Dink Fun October 11 & 18

Beginning Knitting September 6 & October 25

Free supplies provided.

Celebrate September Hispanic Heritage Month with classical guitarist Jose Rodriguez.

Tuesday, September 16, 6:30 PM

Celebrate October Diversity Month with Acquavella & Meyers Dúo "Historia del Mandolino"

Tuesday, October 21, 6:30 PM

SDCL Crest Branch 105 Juanita Lane

El Cajon, CA 92021 619-442-7083

T 12-8 W & TH 9:30-6 F 9:30-5 S 9:30-3

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.

San Miguel Fire Protection District

Welcome to the San Miguel Consolidated Fire Protection District

By: August F. Ghio, Fire Chief

On July 3, 2008, the East County Fire Protection District and the San Miguel Consolidated Fire Protection District completed a 6 month consolidation process. This is the third successful consolidation in our expanding Fire District. In 1988, the Grossmont/Mt. Helix and the Spring Valley Fire District's consolidated to form the San Miguel Consolidated Fire Protection District. Then in 1994, the Crest and Bostonia Fire District's consolidated to form the East County Fire Protection District.

As your new Fire Chief, I want to welcome each of you to our growing fire family. I also want to assure you that our objective is to continue to provide the same high quality of fire, rescue and Emergency Medical Service (EMS) delivery that you have experienced in the past and improve upon those services.

I know that our citizens in the communities of Crest and Bostonia already pay significant fees for fire and EMS services. Under the consolidation agreement we have insured that your tax dollars are being spent in your communities to continue and improve upon service delivery. We have already initiated a Response Time Reduction program, where Station 18 (Crest) and Station 19 (Bostonia) will be available a higher percentage of time in their respective first in response areas.

The Response Time Reduction program is being accomplished by educating our fire crews on the need to be in their response areas in order to respond safely and quickly to community needs; reducing fueling time by installing a fuel tank at Station 18; installing video conferencing equipment in both fire stations to keep training in the station as much as possible; providing daily Fire Operations command and control oversight with 24-hour Battalion Chief coverage; and more! By the end of August 2008, we will have also hired a part-time Fire Inspector to support fire prevention inspections in Crest and Bostonia.

We are actively getting involved in programs that are of interest to your communities. We are working to support the Crest Fire Safe Council; establish a Community Emergency Response Team program; and improve community outreach, education, and preparedness programs. An example of this is our August 23, 2008, "Before the Threat" Fire Season preparedness campaign.

We have partnered with Farmers Insurance, who has provided a \$25,000 grant to the District to develop and implement a door to door distribution of preparedness information for all our High Hazard Wildland Urban Interface communities.

Firefighters and volunteers will be placing a door hanger information bag at each residence that is within the target areas. All personnel will be in uniform or have identification cards so you will be able to easily identify them when they come by. Please view the DVD and other information we provide as it will help you and your family prepare for the next disaster.

Additionally, we hosted our first Community Meeting in Crest. We provided information on the San Diego County Board of Supervisors proposal to establish the Regional Fire Protection Agency and an associated Property Parcel Tax of \$52 per parcel. This fee will be on the November 2008 ballot. Should it pass the District will make every effort to mitigate \$26.00 of the proposed tax by working with our attorney to identify how we can roll back one of the existing Crest/Bostonia fees. The other half of the proposed fee is the county portion which will be used by the county to improve regional fire protection. We will be providing you with more information on the ballot measure in the next few weeks.

Our District Value Statement is to Serve – Educate – and Respond to the best of our ability in meeting our community needs. Please visit our website, which will be expanding in the coming months at www.smgfire.org to learn more about your Fire District and the services we provide.

And finally, we are hosting our Third Annual "Safe and Sound Fire Expo" on September 13, 2008. It will be held at the Rancho San Diego Town Center at the corner of Highway 94/Campo Road and Jamacha Road, by the Edwards Theater. This is a great opportunity to meet your firefighters, your new Board of Directors, and to have a great time learning about how you can help us prepare and defend against future disasters. This is a huge event that has a Children's Safety City where we teach bike/street safety, Learn Not To Burn home fire safety information and demonstrations, live fire extinguisher training demonstrations, tons of brochure information, and much more.

Thanks for your time and I am looking forward to meeting each of you at one of our upcoming events.



YOGA CLASSES

Classes coming soon to Crest!





- **Group Yoga Classes** – Held at the Harbison Canyon Yoga and Fitness Center. Classes include: Yoga, Balance and Flexibility, Water Fitness (Yoga and Pilates.) and Yoga classes in Spanish.
- **Individual Sessions** – Yoga classes, Fitness Instruction and Nutritional Guidance by a Personal Trainer. Sessions can be scheduled at the center or as Home Visits
- **Meditation and Relaxation Groups.**

Call For Information and Schedules:

Harbison Canyon Yoga Center
 1047 Harbison Canyon Road, El Cajon, CA 92019
 Aida Amar, Certified Yoga Instructor and Personal Trainer, USSD
 619-722-1471 619-456-7080 (cell) email: aida20@cox.net

About the Instructor:

Aida Amar is Personal Trainer (UCSD Fitness Instruction and Exercise Science Program) and a certified Yoga Instructor.

<p>HAVE A WEBSITE?</p> <p>PUT YOUR LINK ON OURS! GET NOTICED FOR ONLY \$20 A YEAR</p> <p>Email your jpeg to thecrestsun@cox.net</p> 	<h2>Piano Lessons in Crest</h2> <p>for ages 5-95 Reasonable Rates Experienced Teacher Debbie Joslin Call 579-2156</p>
<p>Fax (619)444-2064 Tel (619)444-9955</p> <h2>Central</h2> <p>Heating & Air Conditioning & General Construction</p> <p>“PROVIDING FOR YOUR COMFORT License No 441801</p> <p>Charles Collins</p>	<p>ROKDOG.NET</p>  <p>ROK™ DOG</p> <p>STRETCH</p> <p>3-IN-1 LEASHES</p> <p>PU-PRODUCTS, LLC 204 Greenfield Dr. Suite G El Cajon, CA 92020 Office: 619-334-1913 Fax: 619-334-2630 Email: pu-products@cox.net Web: www.rokdog.net www.pu-products.com Owners: Mitch & Karin Weiss</p>

ARBONNE PURE SWISS SKIN CARE

FORMULATED IN SWITZERLAND-MADE IN THE U.S.A.



About the Product

Our proprietary formulas are: Botanically based, pH correct, Hypoallergenic, Dermatologist tested, Never tested on animals, Formulated without animal products or by-products, Formulated without mineral oil (Occlusive oil), Formulated without dye or chemical fragrances.

THESE ARE CUTTING EDGE PRODUCTS - No one in the world has what Arbonne has!

Arbonne has 6 key industries: Anti-aging, Aromatherapy, Nutrition, Cosmetics, Weight Management and Personal Care.

REverse-REpair-REstore-pREvent



Have the ability to make a difference not only in your family's life, but in the lives of everyone you know or meet.

***GREAT PEOPLE, GREAT OPPORTUNITY,
GREAT PRODUCTS, GREAT LIFE!***

***Call for FREE samples and
upcoming events***

Kia Maize
Area Manager, Arbonne Independent Consultant ID#15627418
619-518-9504 or myonlylu@yahoo.com www.arbonne.com

I'm always looking for ways to save money- but without compromising quality. So I might buy store-brand instead of name-brand cereal or paper towels, but I'll put top-brand tires on my car, because that's where quality counts. Quality also counts with your skin and your health and wellness. When you take care of the largest organ your body has, your taking the first step to the proper caring of the rest your body and your mind.

Your skin is the first thing people see.

I know what I get with Arbonne. Pure, safe and beneficial products and a life style that is by far the best I ever had. If you haven't tried Arbonne for you and your family, I highly recommend giving it a shot.

“If you want what you've never had - you must do what you've never done.”



We are ready to set the footprint! What does that mean to you? Your Crest Fire Safe Council was awarded a grant for \$208,010 for education and fuel reduction of 150 acres. During these next few weeks, members from the council, Cal Fire, San Miguel, MSCP trustees, BLM officers, and Environmental Land Management will be using county maps of previous fire history to set the areas we will be working on to make our community more safe. Once that is done, we will begin the biological studies, set up outlines for town hall meetings, assemblies for fire safety at school, and assist in the setting up of the community clubhouse as an Emergency Command Center. The next phase will be the work! Johnny Gonzales of Environmental Land Management will be bringing in goats, hand crews and machines to get the job done. There is also another grant that was awarded for those individuals who needed fuel reduction on their property. Names were submitted, and we should know soon when that project will begin.

Thanks to the Friends of Crest for gifting the council \$700.00 for 10,000 calls to keep our emergency system up and running. We were dangerously low in our ability to call everyone if there were to be another call, and with fire season “hot and heavy”, the gift was very much appreciated.

CFSC is continuing its pursuits of obtaining grants to establish the clubhouse as our Emergency Command Center with high speed internet, cable services, ham radio, CERT teams, and teleconferencing with headquarters of San Miguel. We are working with San Miguel to offer CERT training for our community through a grant.

Are you having problems finding fire insurance for your property? If so, the **California FAIR Plan**, an association of all property insurers licensed to conduct business in California, may be able to help. The Plan began in 1968 to make basic property insurance available to individuals, living in specific geographical areas, who experience problems obtaining insurance from the voluntary insurance market. This group is often able to write basic fire insurance policies for those unable to obtain insurance by other means. No state, federal or local funds are used to support or subsidize this plan. The Plan issues a general policy on behalf of all its members. All premium costs and deductibles are shared by members of the Plan and losses are paid through the group instead of a single insurer. For more information, contact

www.cfpnet.com - 332 South Juniper Street, Suite 110 Escondido CA 92025

Phone: 760-745-2061 * Fax: 760-745-3210 Website: www.rcdsandiego.org

Fire Safe Council of San Diego County - 1524-A Graves Avenue El Cajon, CA 92021

Phone: 619-562-0096 * Fax: 619-562-4799 Website: www.firesafesdcounty.org

San Miguel and CFSC have been going door to door giving a DVD sponsored by Farmer's Insurance called, “After the Threat”. This will include things to do to be prepared in the event of a fire disaster.

Did you know that in addition to being our heroes, our firefighters performed as “rodeo stars” recently herding three Belgium Draft Horses through the streets of Crest. The horses were corralled in the back yard of the fire department until the horses were claimed.

WILDFIRE F.L.A.M.E.S.

Family - Prepare them now! Something as massive as a wildfire will affect your whole family.

Landscaping – Ensure you have at least a 100 feet of defensible space around your home. Clear dry weeds and grass and limb up trees. Remove woodpiles, propane tanks and combustible materials away from your home. Simple and subtle steps can make your property more fire resistant.

Awareness – Time is crucial in an emergency. Stay alert to the threat of wildfire. Have a portable radio or scanner and continuously monitor the media for the latest wildfire information.

Mapping – know your neighborhood and map all evacuation routes in case your usual way out is blocked. Make sure you are able to leave quickly by another way.

Evacuation – don't wait to be told by authorities to get out. Go early, rather than later, and get to a pre-determined spot out of the fire's perimeter.

Supply Kit – Take your previously compiled emergency supply kit containing family and pet necessities, including water, food, clothing, bedding, a first aid kit, medications and valuables.



From the Internet Email Files... Helpful Hints

(Thanks to Jackie Grace for the email find)

- Peel a banana from the bottom and you won't have to pick the little 'stringy things' off it. Take your bananas apart when you get home. If you leave them on the stem, they will ripen more quickly.
- Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and won't mold.
- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.
- Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.
- Reheat Pizza - Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza.
- Easy Deviled Eggs - Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.
- Expanding Frosting - When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.
- Reheating refrigerated bread -To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.
- Newspaper weeds away - Start putting in your plants, work the nutrients in your soil. Wet newspapers, put layers around the plants overlapping as you go, cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.
- No More Mosquitoes - Place a dryer sheet in your pocket. It will keep the mosquitoes away.
- Squirrel Away! - To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it
- Measuring Cups - Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.
- Reopening envelope - If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.

Editor's Pick: *The Palette Dining Room* – 7650 Mission Valley Rd. San Diego

Looking for an unusual dining experience? The Palette is a working restaurant located within the Art Institute of California that gives culinary students the opportunity to actively learn by doing. The weekly rotating menu features many of the cuisines and disciplines taught at the Culinary School. The restaurant is designed to allow patrons to watch the food being prepared. The Palette's hours of operation alternate between lunch (Fall and Spring) and dinners (Summer and Winter quarters) on Tuesdays and Wednesdays. Reservations are required as seating is limited. For more information call 858-598-1405 or visit the website for more information on pricing and menu selection. www.artinstitutes.edu/sandiego/AboutUs/PaletteDiningRoom.aspx,

We found the food to be outstanding and reasonably priced.



XOCAI

(Pronounced - "Sho-sigh")

THE HEALTHY DARK CHOCOLATE

- *CHOCOLATE (unprocessed/cold pressed cacao)*
- *ACAI BERRY*
- *BLUEBERRY and more*

**A PERFECT BLEND OF ANTI-OXIDANTS
FOR OPTIMUM HEALTH**

Helps with: Blood Pressure
Cholesterol
Pain from: fibromyalgia, osteoporosis, migraine headaches
Diabetic friendly - helps stabilize blood sugar

Helps in the control of: a.d.d.; a.d.h.d. & autism in children

For Information: Pat Goulart - (619) 442-4879

Beelady68@aol.com

Additional Crest distributors:

Richard Le Gerrette

Sally Bruner

Don Stamback

Shirley Alvarado



***Help! Is My Computer Is Sick - Worms, Viruses, Malware,
Trojan Horses, Spyware***

Your computer is acting weird and your neighborhood computer geek has explained that your computer might be very sick. You call in the Geek Squad and \$100 later, it is fixed. What happened? They tell you your computer was infected with a virus or a worm.

Some symptoms are evident immediately after infection (displays strange messages, plays music, or shows odd graphic displays), but many are not. Hidden or not, they can corrupt or delete your program or system files, or mess up your computer's hard drive and memory. The loss of critical files is usually recognized instantly, because programs stop performing. The computer operating system becomes unstable or just stops working. If you didn't do something to cause this behavior, you can be quite certain that your computer has been infected with computer malware.

While it can be confusing to delve into this computer terminology, it sometimes helps to have an inkling of just what is going on. So as I try to give you the basics, understand this has been oversimplified. In the simplest of terms, someone has maliciously written a program to cause harm to your computer and probably a lot of other folks. The good news is that there is a solution to this problem. Through the use of relatively inexpensive virus checking software, your computer most likely will remain safe. Here are a few terms you might have heard.

- **Malware** is the all encompassing word to describe software designed to infiltrate or damage a computer system without the owner's consent. This software can be a virus, worm, Trojan horse or spyware.
- **Virus** –Virus is a computer program that is designed to spread itself from one file to another on a single computer. A virus might rapidly infect every application file on an individual computer, or slowly infect the documents on that computer, but it does not intentionally try to spread itself from that computer to other computers. In most cases, that's where humans come in. We send email document attachments, trade programs on diskettes, or copy files to file servers. When the next unsuspecting user receives the infected file or disk, they spread the virus to their computer, and so on.
- **Worms** rely less upon human behavior in order to spread themselves from one computer to others. A worm is designed to copy itself from one computer to another over a network (e.g. by using e-mail) and doesn't wait for a human being to help. This means that computer worms spread much more rapidly than computer viruses.
- **Spyware** monitors what websites you visit for marketing data and statistics. They differ in that their creators may present themselves openly as businesses, for instance by selling advertising space on the pop-ups created by the malware. Most such programs present the user with an end-user license agreement which purportedly protects the creator from prosecution under computer contaminant laws. This means you should actually read these agreements before installing software. Spyware programs can also be installed by exploiting security holes. It automatically plays, displays, or downloads advertisements to a computer after the software is installed on it or while the application is being used. Periodically deleting your cookies is a good start to control spyware and adware.
- **Adware** - Advertising functions are integrated into or bundled with the software, which is often designed to note what Internet sites the user visits or key words users type in. They present advertising based on this information sometimes in the form of popups. Adware is usually seen by the developer as a way to recover development costs, and in some cases it may allow the software to be provided to the user free of charge or at a reduced price.
- **Trojan Horse.** A Trojan horse program is a malicious program that can be either a worm, a virus, or spyware software that is contained within, or masquerades as, a useful program such as a screensaver or game. It can install "backdoor" access to a computer, through which a malicious person is allowed to remotely take control of the infected computer. They can be designed to steal passwords, credit card numbers, online banking data, or other personal information and send that information back to the malicious party

Prevent Your Computer From Being Infected through Antivirus Software.

Things are changing for the better. Most popular antivirus products now include adware and spyware scanning. For example, the latest versions of McAfee VirusScan, Norton AntiVirus, and Trend Micro PC-Cillin 2004 now scan for some adware and spyware in addition to virus and worms. Before purchasing a program, check with your internet provider. Cox, for instance, supplies McAfee AntiVirus to their subscribers for free. The most important piece of advice is to make sure you keep your license and updates current to fully protect your computer. Reported strains of malware have been identified in excess of 100,000 with hundreds more appearing every month. What package should you use? Within reason, *it doesn't matter*. All of the major brands are about the same; they all probably catch 99% of what you'll ever care about. Use the one that came with your machine, or the one that you can afford, or the one that was rated highly by a magazine, or the one that your techie friend uses and can help you with. But when it comes to spyware and viruses, use *something*. Just about anything is better than nothing at all.



Vacation Guide



PLAN YOUR NEXT RESORT VACATION HERE Timeshares Available for Rent 2008-2009

		Resort	Weeks	Month	Weekly Rate
Hilton Head, SC	2 BR/ 2 Bath	Players Club	8, 9,10	February- March	\$600
Daytona Beach, FL	1 BR/ 1 Bath	Seven Seas Resort	49, 50, 51, 52	December	\$600
Carolina Beach, NC	2 BR/ 2 Bath	North Pier Ocean Villas	52	December	\$600

Call: 858-831-1800 or
858-831-1900

**10% discount
with Coupon**

1 Bedroom units sleep 4 comfortably
2 Bedroom units sleep 6 comfortably
(No Pets permitted at resorts)

TERRY'S POOLS

Service and Repair

-Serving all of Crest-

“Reliable, friendly service for your
pool, spa, pond, fountain”

Call Terry: 619)992-3091

“You’ll see the difference!”

PROFESSIONAL ORGANIZER TO HELP YOU:

- Organize your house, office, & garage
- Set up filing systems
- Manage your paperwork & time
- Downsize & prepare for a move
- Stage your home
- Work on your estate records

CLEAR OUT THE CLUTTER AND MOVE ON WITH YOUR LIFE!

SIMPLY MARVELOUS ORGANIZING

Call **Risa** at (619) 231-1113
 Email: risa@marvelousorganizing.com
www.marvelousorganizing.com
 All credit cards accepted

Vacation Tip - Ever Think About Taking a Bus?

Want to be a tourist without having to drive? DayTripper Tours provides reasonably priced bus tours to a variety of destinations in San Diego, Los Angeles, throughout the Southwest and Mexico. The bus picks up in La Mesa as well as other locations throughout the County. A few of their one day trips coming up in September and October include the Getty Villa Museum (\$59), La Bufadora Mexico (\$69), The Price is Right television show (\$79), Terra Cotta Warrior Exhibit (\$99), the Wine country of Baja, Mexico (\$79), Octoberfest at Big Bear Lake (\$79). Check it out at: (619) 299-5777 or go to www.daytripper.com. If you have a flexible schedule, look for the internet specials on the web page for last minute reduced pricing.

Editor's Note: I've taken the Baja Wine Trip and the Laguna Pagent of the Masters trip with the "girls". and it was great.

 LadyBug Lather Co. 

Featuring:
Janice's Handcrafted Soaps
 Soaps are \$5 each, 4 oz. Minimum

Currently available:
 Goatsmilk X Lavender X Rose X Yuzu (Citrus-y) X
 Chamomile/Lavender X Beach Breezes X Vetiver X
 Sea Spray X Beach X Jasmine X Violet X
 Cocoa Butter (unscented) X

Your preferences are available - Just let me know!

Fine Soaps handcrafted in Crest
 Wonderful as gifts, for friends or yourself!
 (the Holidays are coming...!)

 Email your order to crestflo@cox.net 

XANGO JUICE



The first: and only product in the world that features the whole fruit puree of the exotic mangosteen. The mangosteen is an extraordinary source of xanthones, powerful antioxidants with a host of beneficial properties.

GOOD FOR THE BODY – HEAVEN FOR THE TONGUE

Learn about XANGO™ @ www.justanounce.net

** Business opportunity available * 619-328-1157 **



*100% money-back guarantee
Visit website for details*



Crest Kiwanis

By Linda Chase

Upcoming Dates:

- Saturday Sept 13 - 7:30 AM
- Monday Sept 22 - 6:00 PM Kiwanis Board Meeting at Club house.
- September 25, 2008 –6:00 pm - New Officers Installation Dinner – Maricharos East at Lake Jennings Road.
- Saturday October 11: 7:30 am - Kiwanis meeting at Club house
- Monday October 20: 6:00 pm -Kiwanis meeting at Club house

Kiwanis would like to thank this year's officers and welcome our new officers:

President: Don Halte welcomes Richard Sutton

Vice-President: welcome Linda Chase

Secretary: Linda Chase welcomes Mary McLellan

Treasurer: Barbara Halte (tried and true she remains the same)

Crest Kiwanis welcomes our new members: Richard Hubert and Neal Smith. We are excited about the year ahead and encourage you to join us as we provide service projects to our community and the region at large.

Kiwanis has participated in the following activities this year. We are fulfilling the Kiwanis motto, "Changing the World One Child and One Community at a time."

- Meal on Wheels
- Ronald McDonald House pull tab program
- Wighorst museum
- CCA: Help work on clubhouse, July 4th Parade; Purchased flags and stands.
- Monthly Crest Community Breakfasts to support Fire Survivors.
- Support Builders clubs at Los Coches Creek and Greenfield Middle schools.
- Volunteer at Crestridge Reserve and Earth Discovery Institute outdoor classrooms.
- Donated \$ 450 funds for Harris Fire students to visit Crest at Crestridge and learn about how the ecology recovers from fire.
- Harris Fire Survivor Gift cards \$500
- Helped support deserving students in their projects.
- Present speakers that benefit the whole community; Neighborhood Watch etc.
- Participated in the Children's Hospital Miracle Mile of Quarters event.
- Help Crest School with annual events.
- Special Olympics
- Crest Fire Safe Council
- E-Crest-Trains
- Partners Equine Children's Program

**Don't forget the upcoming Pancake Breakfasts at the Clubhouse
September 27 & October 25 - 8:30 – 10:30**

TNT CARPET CARE

Family Owned & Operated

FAMILY OWNED & OPERATED

15% OFF
Senior Citizens
& Military
Personnel

**TNT
CARPET
CARE**

619.208.2708
www.tntcarpetcare.com




**TNT
CARPET
CARE**

- Fast Drying 1-3 Hours
- Upholstery, Tile and Grout Cleaning
- Pet Decontamination
- Spot & Stain Removal
- Deodorizing

Scotch Guard & Fabric Protection

24 HOUR De-Flooding Service

www.tntcarpetcare.com

619.208.2708

Lic # 405788

C10-HIC

GEORGE A. BOWLBY
Electrical Contracting
267 Lilac Drive, Crest, CA

Full-Service Electrical Contractor

Serving Southern California Since 1981

- Residential
- Commercial
- Industrial
- Troubleshooting
- Room Additions and Remodel
- Ranches
- Tenant Improvement
- Commercial Wells
- Landscape Lighting
- Control Design and Application
- Engineering and Consultation
- Emergency Power Systems

Free Estimates

Give Us a Call ... We Would like to Bid Your Work

Office (619) 440-3051
Cell (619) 733-3051

Pager (619) 604-3051
Fax (619) 440-3051



July 4th in Crest Another Amazing Event!

History was made this July 4th- Crest's Family walk had a marching band. El Capitan High School Marching Vaqueros under the leadership of Leanna Ertz played the entire route of the parade. At the end of the parade, Charles Collins and his staff of sno-cone makers (Kim and Ken Beck and Rick Estebrooke), made them their favorite bit of ice. Kandhy Franklin-Collins, our Grand Marshal, introduced them to the community and has invited them back to do a future "Concerts in the Park" program for us.

Thanks to the hard work of the CCA members, Saint Louise, the Crest Community Church, and the Kiwanis, the food was varied and fabulous. Cornerstone Church was everywhere helping and volunteering their time. Thanks to Judy Becker, our "crafter queen", we had new and unusual crafters to make the day complete. Thanks to Straight Six for providing us with music for the entire event. Moriah, who flew in from her La Vegas show, sang the national anthem as well as a few other numbers. There are so many people to thank for their efforts, time and money. This day would not be what it is if it were not for everyone pitching in.



The following individuals and groups were recognized for their contributions to the Crest Parade

Best Jeep: Clyde Knudsen 1943 Replica Jeep
Best Horse Group: Bowen Girls, 2nd: Mini Horses,
 3rd Marty O'Grady
Best Golf Cart: Traveling America- Brianna Carranza 2nd Shelby Riddle, 3rd Tori Ryan
Best Rhino: Red Rhino- Steve Sparks, 2nd Sara Triglia, 3rd Dave Romero
Best Float: *Shooting Stars *Fire Cracker
 *Liberty Dale

Best Individuals: Uncle Sam (Duncan Hunter's Office) *Frank Kusenback, *Katie Burnside
Best Non-motorized: *Mini Horses,
 *Kids on Bikes
Best Group: *Marching Band, *Tractors
Best Motorized: *Black Mustang 1967 (Ron Florence), *Churk Berryman – 1914 Motel T
 *Grand Marshall's Car *Chris Copeland – Chevy Bel Air 1957



Call
444-1389 or 444-0992

PIZZA:	Medium 14"	Large 18"	Giant 28"
Cheese Only	\$8.99	\$12.99	\$19.99
One Topping	\$9.99	\$13.99	\$21.99
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	\$17.99	\$25.99
The Works (Peperoni, Canadian bacon, Sausage, Onion, Mushroom, Green pepper, Black olives, Pineapple and Jalapeno)	\$16.99	\$20.99	\$29.99
Calzone (Mozzarella, Ricotta, & Parmesan cheese)	\$8.99		
Additional topping:	\$1.00	\$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	\$6.49
Lenardo's Special Sub (Roast Beef, Turkey, & Cheese).....	\$6.49

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

Salads:

Garden Salad (Lettuce, Tomato, Onion, Green pepper, Olives & Pepperoncine).....	\$4.59
Antipasto Salad (Lettuce, Tomato, Onion, Green pepper, Pepperocine, Olives, Ham Salami, Mozzarella Cheese)	\$5.99
Greek Salad (Lettuce, Tomato, Onion, Green pepper, Pepperocine, Olives, Red Cabbage & Feta Cheese).....	\$5.99
Chef Salad (Lettuce, Tomato, Onion, Green pepper, Pepperoncine, Olives, Ham, Turkey Mozzarella Cheese)	\$5.99

ALL SALAD SERVED WITH THREE DRESSING CUPS OF YOUR CHOICE

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	\$6.49
Gyro's Combo	\$6.99
Hot Wings Combo	\$6.99
Philly Steak Combo (Steak meat, mushroom, onion, green pepper & Cheese)	\$6.99
Philly Chicken Combo (Breast chicken, mushroom, onion, green pepper, & cheese).....	\$6.99

Pasta: (All served with Breadsticks)

Lasagna.....	\$6.49
Spaghetti with Meatballs.....	\$6.49
Meat Ravioli.....	\$6.49
Cheese Ravioli.....	\$6.49



Critters in Crest

Yellow Jackets

By Stanley A. Shelton



Most people get exposed to yellow jackets at picnics or barbeques, mid to late summer and fall. They can be a nuisance foraging for our human food.

Yellow jackets are actually wasps of the genus *Vespula* and [Dolichovespula](#). There are several species found in Southern California and Crest. The typical worker yellow jacket is black and yellow and about ½ inch long. Yellow jackets are social insects that live in colonies containing workers, males and fertile females, the queens.

Life Cycle

Usually, only the queens live through the winter. A queen will then find a suitable place to build a small nest, in April, and lay 30 to 50 eggs. After the eggs hatch, she then feeds the larvae for 18 to 20 days. Next, the larvae pupate and emerge as infertile female worker wasps. The workers then take over the task of enlarging the nest and tending the queen. Workers forage for foods high in proteins such as insects and fish to feed the larvae. The larvae secrete a sugary substance that the adults feed on. This exchange is called [trophallaxis](#). At the peak of nest size in August and early September, reproductive cells are prepared that produce males and queens. The queens fatten themselves up to last through the winter. After mating, the males quickly die and the inseminated queens find a place to overwinter and then start another colony the following spring.

Nests are rarely used again after one season, but in our southern climate, some colonies survive the winter and continue using the existing nest and increasing its size. Only those nests that are protected from the elements can endure a second season of use. They normally deteriorate during the winter.

Nests are made of a papery pulp that the wasps make from chewing wood fibers. Nests reach the size of a football or basketball at their peak and their population usually reaches 3,000 to 5,000 wasps, but nests have been found that contained an estimated 250,000 wasps.

Nests can be located in the ground, in a block wall, in trees or tree hollows and in human-built structures.

At the peak of the colony size, after the reproductive males and females emerge, the colony begins to decline. Workers then change from foraging for protein to feed the larvae, to foraging for sugars and carbohydrates they no longer receive from the larvae. This is why yellow jackets are such a bother at picnics and barbeques in the months of August through October. People have been stung in the mouth and throat after accidentally taking in a yellow jacket in a swig of soda pop.

Unlike honey bees, yellow jackets don't have a barbed stinger and can therefore sting repeatedly, and they usually do. Yellow jackets are much more aggressive than honey bees. I once saw a yellow jacket attack a honey bee in mid air. It fell to the ground, chewed the head off and flew off with the rest of the body. I know *now*, that it was to feed larvae back at the nest. I also know *now*, that when they visited our aluminum can barrel, it was to satisfy their need for the carbohydrates in the sugar left in the soda pop cans.

I once observed a bunch of yellow jackets buzzing over some wet feathers in the yard. They weren't eating them, but they were attracted to the smell.

We've had yellow jackets here in the past, but not every year. I have purchased reusable and disposable traps to manage them. The reusable ones seemed to be the most economical over the long term. You put the "attractant" in the trap, and put it out where yellow jackets have been observed. You do not want to get that attractant on your hands though! Follow trap instructions.

Set traps out early to capture the queens and prevent a colony from being started.

Above photo by [Trounce](#)

Best in Crest

Tony's Pizza & Deli



To Order Call (619) 444-8132



Pizza:

PIZZA:	14"	18"
Cheese	\$9.99	\$11.99
1 Topping	10.99	12.99
2 Topping	11.99	14.99
Veggie	14.99	16.99
Works	16.99	18.99
Additional Toppings (each)	1.50	2.00

Garlic Cheese Sticks \$4.99

Subs:

Ham & Cheese	\$4.99	Italian (Ham, Salami & Cheese)	5.99
Pastrami (Hot or Cold)	5.99	Turkey Club (Bacon, Cheese)	5.99
Ham w/Roast Beef	5.99	Tuna	5.99
Turkey & Cheese	4.99	Tony's Pizza Sub	4.99
Roast Beef	5.99	Meatball	5.99

Served with Lettuce, Tomato, Onion, Italian Dressing
Choice of French Roll, Sour Dough, Wheat or White Bread

Salads:

Garden Salad	\$4.99
Chef Salad	5.99
Macaroni Salad	1.99
Greek Salad	5.99
Potato Salad (1/2 qt)	1.99
Italian Pasta (1/2 qt)	1.99

The New Crest Post Office is located
in the Crest Food Market

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

You can now view the Crest Sun Newsletter, on-line which includes lots of information on local events, community concerns, articles, lost and found, electronic copies of present and past issues of the Crest Sun, ads. and more.

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

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

Sincerely, Karin Weiss
 TheCrestsun.Com webmaster

Call Karin Weiss at 579-3951 or email webmaster@thecrestsun.com



You can now help keep the Community informed!

Go to www.thecrestsun.com to donate to the emergency notification system by clicking the One Call Now link.

Promote your business with Internet Advertising



... Internet Presence

Service Provider ...

- Web Site Design
- Web Site Hosting
- E-Commerce
- Internet Training
- Value-Added Services

W3U: The World Wide Web Iz U!

Crest, CA 92021

Toll Free - (800) 644 0305

Email - w3u@w3u.net

Internet - www.w3u.net

FREE .com, .net, .org, or .biz Domain Name Registration FOR LIFE with any W3U web site hosting service



Reliable Housekeeper will clean your whole house: vacuum, mop, dishes, dusting, etc.

I also do babysitting and pet sitting.



Nancy Kaufhold (619)490-7256

Crest Resident

References provided upon request

Can you Imagine Growing up at the Point Loma Lighthouse?

By Linda Hjelle



One of the most interesting aspects of writing for the Crest Sun is learning about the people residing in our Community. Pat Goulart is one such individual. You might know Pat from her Xocai chocolate parties around Crest. Through casual conversations, I learned Pat had an extremely interesting upbringing. Pat grew up in San Diego, living at the Point Loma Lighthouse from 1931 to 1950 as a lightkeeper's child. Pat's father, James Dudley was the lightkeeper at the Point Loma Light Station from 1928 until 1952.

Pat did not realize the unique aspects of her everyday life as she roller-skated in the underground barracks and climbed abandoned World War I searchlights. During World War II, school buses were canvas-topped trucks from the motor pool, and private beaches required armed guards. Pat and her sister were weaned on lobster and abalone, played in the tide pools, rode horses, and played with their dogs on a 10 acre playground. Her only

playmates were her sister, Joan and Lexie, daughter of another lightkeeper.

Her dad was a jack-of-all-trades, engaging in farming and gardening, carpentry, painting, road mending, tree trimming, and fishing along with his regular duties of maintaining the light. With more time than money, the family enjoyed big beautiful gardens providing vegetables, fruits and beautiful flowers. They raised chickens to help supplement their monthly income of \$95 (in 1930's), of which \$25 was paid in rent.

Pat was thrilled when Kim Fahlen and Karen Scanlon, lighthouse historians, contacted Pat and her sister Joan, informing them that they had been commissioned to write a book on San Diego Lighthouses and would like their input. Pat proved to be a wealth of information providing lots of memories, photos, and old documents.



(Pictured: Lighthouse children: Pat Dudley Goulart,, Kenneth Franke (Ballast Point Light Station) and Joan Dudley Eayrs).

After three years, the book, "Lighthouses of San Diego" has finally been published. The book contains not only the history of the lighthouses but also its keepers, a now obsolete profession. It is with great pride that Pat would like to invite those interested to attend one of the two upcoming history presentations and book signings of this publication.

Coronado Library – September 6, 2008 – 2:00 p.m.
Point Loma Library – September 10, 2008 – 6:00 p.m.



Remembering our Crest Friend: Jeffrey Behrens

Our heartfelt condolences go to the family of Jeffrey Behrens. Jeff, a long-time Crest resident, was killed in a tree accident at his home on July 17, 2008.

E & I Mobile Repair

REPAIRS, MAINTENANCE, WELDING, FABRICATION

On All Makes & Models Of Any Equipment



WHY CALL?????

**CAT, BOBCAT, CASE, DEERE, VOLVO , Ect
WHEN I AM ALREADY HERE!!!!!**

10% Discount On Any Work Here In CREST

More than 20 Years Experience

No Job to Small

Raised in Crest Returned to CREST

Eric Flick

Cell # 619-654-3849

elmobilerepair@cox.net



South Lane Park E-Crest-ians

South Lane Park Update: As the newsletter goes to print, the Friends of Crest, Crest Fire Safe Council (CFSC) and the E-Crest-Rians are signing a use agreement for South Lane Park. This agreement will now allow us to proceed with the grant sent to Supervisor Dianne Jacob. The monies from PLDO, plus additional funds which are slated to be divided between Old Ironsides Park in Harbison Canyon and our South Lane Park will fund improvements to the park. This includes a bathroom, an announcer's booth, a tractor, CFSC equipment for evacuations, and other communication equipment.

The E-Crest-Rians invite you to participate in all of our events whether you have a horse or not! We will be having a BBQ, s'mores, and pool party at Kandhy Franklin-Collins's home at 384 Paloma Lane on **September 13th from 3-6 pm**. Bring towels, and a side dish. Please no horses or dogs and RSVP so we will have enough for everyone 444-4996.



The famous historical Fages Ride will be held in Cuyamaca September 26-28th at Los Vaqueros Campground.

Reservations will need to be made as there is only 42 corrals.

Hear the story of Pedro Fages, the first European to ride through what is now Cuyamaca Rancho State Park and who was the military Governor of Alta California from 1770 - 1774 and 1782 - 1791.

Camping for the three days is \$40.00 per rider –

Includes – Camping space & one corral, Saturday dinner & Sunday breakfast

Directing and assignment of camping space will be handled by the Event Coordinator

Cut off date is September 12th 2008

For further information contact - Cuyamaca Rancho State Park Interpretive Association, CRSPIA @ #760-765-3056 or Cindy McKievick @ #619-390-9553

**Sponsored by CRSPIA with the assistance of CEA - Cuyamaca Equestrian Association
Registration forms and waivers can be found at – www.cuyamaca.us**

There is still camping available in the Cuyamacas until November. Call Kandhy Franklin-Collins to get group rates.



COME AND ENJOY OUR OCTOBER 18TH FUN SHOW TO BE HELD AT SOUTH LANE PARK. Every one of all ages is invited to be a part of our day. It is our **Halloween Theme** so get your costumes ready for both you and your horse. Practice with those broom sticks.

There is a great lunch for all to enjoy plus prizes for each entry. Surprises are always in store for those who are present.



Volunteers are needed to help us run the event. Please give us a call. Jan Rosander would love to hear from you. Call her at 440-2133. Watch the sign boards for more information. Flyers will also be at the stores and school.

Stay-Cationing in San Diego County

By Linda Hjelle

A Visit to the Backcountry - Ramona and Julian Wineries

It's a well known fact that Napa and Temecula are known for their wine regions. But did you know that the San Diego County backcountry also has its share of wineries? Ramona and Julian are two towns close by to discover the San Diego County wine experience.

Less than an hour's drive from Crest, consider taking a trip to the backcountry to explore this wine region. Better still, make it a weekend and take advantage of Julian's renowned number of B&B's, lodges, and camping facilities. Having a designated driver is a must when it comes to wine sampling, or you can take advantage of a wine-tasting tour. For around \$75, the **California Overland Desert and Wine Tours** will pick you up in Julian. The tours includes an afternoon of wine tastings, a gourmet open-fire barbeque on the Mengheini vineyard grounds, wine discounts and more for about \$75. Call for more information at 760-767-1232 or visit their website at www.californiaoverland.com

Casual defines the Julian and Ramona wine touring experience. Most of the wineries are small and family owned. If you plan to go on a week day, you may find some of the wineries closed. Tasting rooms can also be found in downtown Ramona and Julian which offer tastings of various San Diego County wines. Both the wineries and tasting rooms charge a nominal fee for tasting (usually \$5-6) which may or may not include a souvenir glass. Whether you are in search of a San Diego wine or just wish to explore the backcountry vineyards, here are a few places to check out:

Wineries:

Menghini Winery – 1150 Julian Orchards Drive, Julian –Open 10-4 daily. Includes a tasting room and picnic area. (760)-765-2072 Tasting Cost: \$5 including a souvenir glass. Nice drive down a two-lane country road leading to the local winery where you can bring a lunch and sample a variety of locally produced wines. Planned events include: Julian Grape Stomp Festa September 6, from 11-7 Includes wine tasting, food, beverages, crafts and dancing. www.julianca.com. Sept 27-28 Menghini Arts & Music Festival 1-5

J Jenkins Winery - 1255 Julian Orchards Drive, Julian Open 11-4 Saturday and Sunday - Tasting \$3 includes glass 760-765-3267. Located next door to Menghini Winery

Schwaesdall Winery – 17677 Rancho de Oro

Road Ramona
10-6 Sat &
Sun. Cost: \$4
including a
souvenir
glass. 760-
789-7547 –
Looked very
inviting with
tasting room
overlooking
vineyards
(pictured here)



Shadow Mountain Vineyards 34680 Hwy 89 South, Warner Springs, CA , 760-782-0778 Open: Wed-sun 10-5. Tasting Room, Picnic Area & Winery Tours

Eagle's Nest Winery and Cottage (Vacation Villa also on grounds) 18261 Chablis Road, Ramona CA 92065 - A family owned winery located in a picturesque valley overlooking Volcan Mountain - Call or email 760-505-8229.

reservations@eaglesnestwinery.com. Note: Call first. The gate was closed when we tried to visit this location.

Tasting Rooms:

Witch Creek Winery Tasting Room -2000 Main Street in downtown Julian Open daily 11-5 (Winery located at 2906 Carlsbad Blvd Carlsbad (760)720-7499) www.witchcreekwinery.com 760-720-7499 Cost: \$5 including a souvenir glass.

Orfila Vineyards & Winery Tasting Room – Open 10-5 Closed Tuesdays
4470 Highway 78, Julian 760-765-0102
www.orfila.com. (The winery is located in Escondido) Cost: \$6 includes a souvenir glass,

Country Cellars Beer and Wines Tasting Room

Open Thurs – Monday 11-5 –
4510 Highway 78, Wynola. (Located next to King Leo Chocolate Factory)

San Diego Wine and Beer tasting.

www.countrycellars.com 760-765-0089

Cost: Wine tasting \$5 (does not include glass); Port and Chocolate tasting \$2

For additional information, check out :

San Diego County Vintners Association 800-592.0015 or go to www.sandiegowineries.com or www.ramonavalleyvineyards.org

Crest Community Center Presents: Angie's Tumble Shop



**Now Offering Cheer, Gymnastics, Tumbling, and
Mommy & Me Classes.**

Group Ages:

1yr-2yr Mommy & Me

3yr-5yr Kinder Gym

6yr-9yr Novice

10yr-up Novice, Intermediate, and Advanced classes offered.

18yr-up Adult classes

Rates:

35.00/ Monthly (1 day a week)

50.00/ Monthly (2 days out of the week)

65.00/ Monthly (3 days out of the week)

Boys and girls are welcome of any age. All Students will receive FREE Gym Shorts and Top by 3rd week of class. No obligation, First class is free. Cash and checks accepted. Discounts for siblings.

**Please Call Angie to get more information on this program
619-792-9740**

Letters to the Crest Sun

Thanks to our Neighborhood Hero

You've seen her around Crest - long, flowing red hair - often in a ponytail...and 10-12 kids huddled around her.

She is one of our neighborhood heroes, our daycare provider, Ms. Wendy. She is always calm, caring, amazingly attentive, requires mutual respect, and fun. She works tirelessly and loves her (our) kids.

She teaches them the importance of respecting others and being responsible for your choices - something we all will be thankful of as these kids turn into teenagers!

Thank you, Ms. Wendy, for being my daughter's 'Mom and Dad' for the past few years while we are at work and providing her enriching activities, life lessons, and love. We love you!
P.S. We love Ms. Cassie, her assistant, too!!

Johnna Hitt
Crest, CA

Ham Radio Technician License

The Fire Safe Council is working toward having Ham Radio presence in the event of a future disasters. If you know anyone that wants to earn his or her Technician License, there are three One-Day Technician Classes (with Exam) coming up.

- Escondido, on Saturday, July 19th, 2008
 - El Centro on Saturday, July 26th, 2008
 - El Cajon on Saturday, August 16th, 2008
- The classes are free, the Exam costs up to \$14, depending upon location.

If you are new to amateur radio and want to earn your Entry Level Amateur Radio License, please e-mail Steve Early at ad6vi@arrl.org.

Readers Tip

Starlight Theatre Kids Free Program

Children 12 years old and younger can attend performances of the Starlight Theatre for free on Thursdays and Sundays with a paid adult.



Kathy's Specials

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

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

Call for our Current Color Special!



Appointments and Walk-in's Welcome



After Hour Appointments Welcome



Manicures & Pedicures Available



Complimentary Wine



Full Service Specialties

Cuts and Styles:

Hair Cutting/Trimming
Hair Styling

Color:

Weaving
Cellophane
Tint
HighLights
Frosting

Nails:

Manicures
Pedicures

Kathy Kaderabek

339 Lila Lane
El Cajon, CA 92021
(619) 447-1945

Kathy@KathyKuts.Com

Call for your appointment today!
(619) 447-1945

VOTE NOVEMBER 4TH



SUZANNE MULLINS

for

Cajon Valley Union
School District
School Board

*Students are her
#1 priority.*

(Paid political advertisement)

Found: A set of keys was found in a field near on South Lane (The tag says quad trailer). If these are yours call 447-5826

**Please Support our Advertisers!
They bring you the Sun.
The Crest Sun is available at:**

Crest Foods Lenardo Pizzeria

Rainbow Farms Crest Library*

Online: www.thcrestsun.com

**** The Crest Library can not accept donations for the paper due to policy. Feel free to drop by a local store and donate at your convenience**

**Next Crest Sun Deadline:
October 20, 2008**

Wish to advertise?

\$35 – Full Page \$20 – ½ Page

\$10 – ¼ Page \$5 – 1/8 Page

E-mail or call the editor for more information

editor@thcrestsun.com Please Note Jan/Feb price increase below.

NOTE TO ADVERTISERS:

Due to increased costs, we need to raise the prices of our advertisements. Starting with the January/February edition, prices will increase \$5 to:

Full Page Ad - \$40

Half Page Ad - \$25

Quarter Page Ad - \$15

Business Card Ad \$10

We appreciate your support and patronage of our community paper.

The Crest Sun welcomes information from the Community and community input. Thanks to all our loyal readers and supporters. Your donations and your patronization of our sponsors provide the funds to print the newsletter. We have no paid employees. The newsletter is not responsible for problems that occur as a result of information.

Questions, Concerns, Suggestions:

Crest Sun Editor:

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

Linda Hjelle – editor@thcrestsun.com or

Lindahjelle@cox.net (517-9838)

Information:

Chris Seebold – help@thcrestsun.com or Winters72@hotmail.com (447-5826)

Crest Website: www.thcrestsun.com

Webmaster: Karin Weiss (579-3951) - thcrestsun@cox.net

Avon



Call Yvonne Daley
Sales Representative in Crest
619-449-8556

IMPORTANT NEWS For Wholesale Buyers!

Now you can buy
Namebrand Kidswear
at **40-60% Below**
Wholesale

We specialize in close-out merchandise and can answer your needs for quality kidswear... within 48 hours... at unbeatable below-wholesale prices. Whatever your quantity needs, we can fill your order today. AND with your satisfaction guaranteed!



CHECK OUR LOW PRICES TODAY

Log on to: www.magickidsusa.com.

Or Call 1-888-225-9411
for a FREE Color Catalog

You Must Mention Discount Code
29546 MK
For HUGE Savings!

Enjoy HUGE Markups

on famous designer kidswear like these...
GAP™ • OSHKOSH™ • POLO • TOMMY HILFIGER™ • ADIDAS™ • GUESS
All guaranteed to be in showroom factory-sealed condition

ORDERS FILLED WITHIN 48 HOURS