



## A Newsletter for Crest

Volume 11

September-October 2009

Number 5

By Linda Hjelle



Where did the summer go! Hope your summer was a great one and you are adjusting to kids and grandkids being back in

school.

Everyone worked to make the July 4<sup>th</sup> activities a success this year and the end result is that it worked! The CCA worked its way through the many intricacies of the permit process and while it wasn't the most pleasant experience, next year's event will be a breeze. We learned more about county permits, food handler's cards and seller's permits than we ever wanted to know. The positive side of this process was to see the many Crest residents reach out and become involved in this community event. Over 80 volunteers worked as parade monitors and the sign brigade team; they prepared and served food, organized the parade, and helped with the setup and cleaned up of the Parks and the Clubhouse. Dozens of folks donated items to the silent auction which raised over \$2,000. Photos and kudos can be found throughout this issue.

Volunteers were treated to a free dinner and dessert at the August Community Association dinner. A special thanks to the Kiwanis for donating the burgers, dogs, and cake for this event as well as helping to cook! The Kiwanis and CCA folks put a tremendous amount of work into the 4th event. These are great organizations doing a great service in our community. Be sure to show your support by attending Kiwanis monthly breakfast held the last Saturday of each month at the Clubhouse and the CCA monthly dinners held the first Wednesday of each month. Donated proceeds from these events support your community. Make it a point to attend – where

else can you get a breakfast or dinner for a \$5.00 donation.

Another great CCA sponsored music night was held July 25th thanks to Dave Jones, Kandhy Franklin and friends. Outstanding local talent and guest participation included classical, folk, and blues music on guitar/mandolin, violin and piano. Check the community blackboard for future music nights and make it a point to attend.



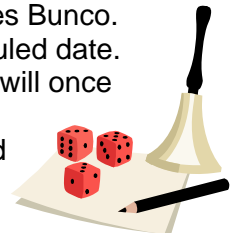
Looking forward, mark your calendars for the September 2<sup>nd</sup> CCA dinner. Spaghetti, salad, and garlic bread are on the menu this month (as well as ice cream sundaes for only an additional \$1). It's also a great opportunity to meet your neighbors.

Back by popular demand is Ladies Bunco. Friday, September 11<sup>th</sup> is the scheduled date. Due to the rave reviews, this Bunco will once again be a potluck. RSVP to [cathy@francoip.com](mailto:cathy@francoip.com) (440-6822) and make your \$15 donation check out to CCA and mail it to 113 N Park Drive. Haven't tried Bunco yet? Three things to remember: 1) You don't have to know how to play to join in. 2) There is little or no skill involved, only luck and 3) You must be ready to have fun! Last Bunco Tournament had over 35 ladies in attendance; let's see if we can beat that number.

If there is interest, we will set up a date for mixed Bunco for October (ladies, guys, couples?) Email [Lindahjelle@cox.net](mailto:Lindahjelle@cox.net) and we will set a date.

Have you renewed **your membership to the CCA?** Go to CCA page and complete the form and send it in. Be a part of the community by helping to support your clubhouse.

Another important way you can help is by donating to **Crest's emergency phone system**. We are coming up on a very dry season and it is now time for the Crest Fire Safe Council to renew



the Crest OneCall Now subscription. The cost to purchased 10,000 calls is \$700.00. We want to continue to make this service available to all community residents. If you can afford to donate

a few dollars to this effort, make the check out to the Crest Fire Safe Council (a non-profit organization) and mail it to 113 N. Park Dr, Crest 92021.



*Thanks to Bonnie Bowman for the great photos...*

## **CCA Ladies Bunco Tournament is Here Again!!**

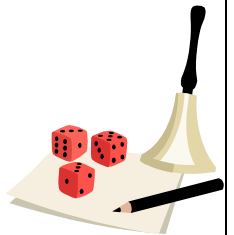
RSVP to [cathy@francoip.com](mailto:cathy@francoip.com) or call 440-6822

When: September 11 6-9 p.m.

Potluck starts at 6:00 followed by Bunco

Cost: \$15 - Mail to CCA 113 N Park, El Cajon, CA 92021

- Join us for an evening of: Friends Fun Prizes Great Food  
-No Experience Required! -Raffle items also for sale



**Come to the Clubhouse on Friday, September 11, for an evening of Food and Fun!**

**Bring your favorite dish to share and bring a few copies of the recipes to share. At the last Bunco night, there were so many great dishes, everyone wanted the recipes.**

**Dinner starting at 6 pm**

# Crest Contacts

<b>Crest Community Contacts</b>		
Crest Community Assn. LindaHjelle@cox.net	Linda Hjelle (email)	517-9838
Community Church crestchurch@sbcglobal.net	Anna Johnston (email)	442-3736
Cornerstone Church	Pastor Dennis	579-5633
Crest Black Board	Friends of Crest	44-Crest
Clubhouse Rentals rentals@thecressun.com	Rick Bradt (email)	44-Crest
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	44-crest
Crest Garden Club kathyfedor@gmail.com	Arlene Palmer	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Don Halte	444-4503
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter <a href="mailto:editor@thecrestsun.com">editor@thecrestsun.com</a>	Linda Hjelle (email)	440-8540
Information <a href="mailto:winters72@hotmail.com">winters72@hotmail.com</a>	Chris Seebold	447-5826
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
Friends of Crest	Message	44-Crest 442-7378
St Louise Church	Father Languille	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783
<b>HELP LINES</b>		
Highway Patrol: Traffic Related	(858)	637-3800
Abandon Vehicles	(619)	441-4264
Sheriff Alpine Station	Dispatch (858) (619)	565-5200 659-2600
San Miguel Fire Dst Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business Ofce. Marsha Larsen  Leonard Villarreal August Ghio (website)	670-0500 660-5356 660-5359 660-5351
Adult Protective Svs	(800)	510-2020
Child Abuse Hot Line	(800)	344-6000
Animal Control	(760)	438-2312
Code Enforcement	(619)	441-4264
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547

FBI (telephone scam)	(858)	565-1255
Illegal Dumping	(858)	495-5143
Noise Abatement	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police	Mail Fraud(877)	876-2455
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938
<b>Stores and Restaurants</b>		
Crest Foods	Tony	444-8132
Lenardo Pizzeria	Sam	444-1389
Rainbow Farms Mrkt	Mark	444-7504
<b>Advertisers</b>		
ACrest Plumbing	Eric	590-2625
AgeLoc	Pat Goulart	442-4879
AlpineGifts.Net	Patrick 858	831-1800
Beck's Entertainment becksentertainment.com	Jerry Beck (website)	440-0797
Bowlby Electric	George	440-3051
Century 21 Award	Connie Gipson	606-2400
Central Air & Heating	Charles Collins	444-9955
Gary Dykstra Construction	Gary	992-6334
Holiday Horse Care <a href="mailto:holidayhorsecare@att.net">holidayhorsecare@att.net</a>	Robin	922-1388
Jim Kelly Reality	Rayna Mack	922-2524
Kathy Kuts Kathy@kathyKuts.com	Kathy Kaderabek (email)	447-1945
Knox Reprographics Knoxservices.com	Mary Bauer website	230-6300
Marvelous Organizing marvelousorganizing.com	Risa Goldberg email	231-1113
Office Tech	Karin	249-4469
ProBiotics beelady@aol.com	Pat Goulart	442-4879
Prudential	Carole Horne	251-1533
Southern Cross Construction	Ron Wells	631-2105
Terminator Svc		442-8726
TNT Carpet Care www.tntcarpet.com	Troy	208-2708
Xango xango@justannounce.net	Marie (email)	328-1157
<b>Miscellaneous - Services</b>		
Home Duty Nurse/Eldercare	Koki	749-1998

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

## Calendar of Events September-October 2009

09/01/09	1:00 Tuesday	Historical Society Meeting – Library
09/02/09	5-7 pm – Wed	CCA Community Dinner – Spaghetti, Bread, Salad \$5 - Ice cream - \$1
09/08/09	5:45 – Tuesday	Crest Community Association – Board Meeting - Clubhouse
09/11/09	6:00 pm - Fri	<b>Ladies Bunco - Clubhouse</b>
09/12/09	7:30 am – Sat	Kiwanis General Meeting – Visitors Welcome – Location: Clubhouse
09/12/09	11-4 – Sat	San Miguel Fire Department Fire Expo – Rancho San Diego Town Center / YMCA
09/14/09		Crest Garden Club
09/14/09	7:00 PM	Sub Regional Planning Group
09/15/09	6:30 - Tues	Gypsy Folk Ensemble – Crest Library
9/15/09	7:00 PM Tues	Crest Community Association General Meeting – Clubhouse - all invited
	7:00 pm -Wed	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
9/17-19	10am-5pm	Quilt Show – San Diego – SD Convention Center A
09/26/09	8:00-10:30	<b>Community Breakfast</b> by Kiwanis at the Clubhouse
	7:00 – 9:00	Music Night
09/28/09	6:00 pm – Mon	Kiwanis Meeting – Board Meeting Clubhouse
10/01/09	1:00 pm- Tues	Historical Society Mug – Library
10/07/09	5-7:00 – Wed	<b>CCA Dinner</b> – Clubhouse
10/06/09	6:30	Financial Strategies for You – Crest Library
10/12/09		Crest Garden Club – Ron Tatros Date and TBD – Call Arlene for Details 441-0187
10/12/09	7:00 pm Mon.	Sub Regional Planning Group – Dehesa
10/13/09	5:45 – Tuesday	CCA Board Meeting – Clubhouse – Board Meets
	7 pm – Thurs	San Miguel Fire Department Board Meeting
10/10/09	7:30 am - Sat	Kiwanis Meeting –General Meeting – Visitors Welcome. Clubhouse
10/26/09	6:00 pm – Mon	Kiwanis Meeting – General Meeting
10/20/09	7:00 pm – Tues	CCA Meeting Clubhouse – Community Meeting
10/24/09	8:00-10:30 Sat	<b>Community Breakfast</b> by Kiwanis at the Clubhouse



# Connie Gipson

Crest Specialist for 25 Years

Cell: (619) 606-2400

California Real Estate License # 00862838



5640 Baltimore Drive  
La Mesa, CA 91942



## Crest Real Estate Update



### Residential

#### Now on the Market

262 South Lane	\$238,900
103-105 Juanita Lane	\$250,000 <b>Listed</b>
<i>by Connie Gipson</i>	
345 Alta Lane	\$262,200
2400 Eucalyptus Drive	\$285,000
140 Sierra Vista Way	\$349,000
171 Tasha View	\$369,000
1555 Vista De Montemar	\$469,900
2810 La Cresta Road	\$549,900
1390 Ryan Ridge Road	\$625,000
252 Sunnybrook Lane	\$699,777
408 Alta Lane	\$695,000-
	\$745,000
1175 Horsemill Road	\$745,000
1198 Mountain Top	\$1,049,995

#### Contingent Sales

118 Wall Place	\$175,000
225 Lento Lane	\$205,000
2103 Suncrest Blvd.	\$225,000-
	\$265,000
220 Highline Trail	\$399,900
15183 Picturesque Point	\$550,000

#### Pending in Escrow

318 Estormino Lane	\$170,000
113 Burdett Way	\$228,000
1857 Eucalyptus Drive	\$249,900
2093 Old Bend Rd.	\$275,000
420 Mountain View Road	\$349,000
522 Mountain View Road	\$374,900
14910 Montana Serena	\$999,000-
	\$1,150,000

#### Recently Sold

310 Alamo Way	\$400,000
15076 Montana Serena	\$606,250
1324 Tracey Lane	\$710,000

### Vacant Land

#### Now on the Market

Saxton Lane	\$79,900
Saxton Lane	\$79,900
152 Bonita Place	\$99,900
777 Mountain View Place	\$168,000-
	\$185,000
222 Lilac Drive	\$175,000
Senda Lane	\$175,000
2737 La Cresta	\$199,000
South Park Place	\$219,000
2223 Crest Drive	\$265,000
260 East Lane	\$269,000
140 Alamo Way	\$359,900
La Cresta Road	\$450,000

#### Pending in Escrow

No listings are now in escrow

#### Recently Sold

190 Highline Trail	\$90,000
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## Connie Gipson

### Century 21 Award

(619) 606-2400

Call me, my 25+ years in real estate sales can help bring your home buying or selling experience to a smooth and successful conclusion. References can be provided upon request.

Data from Sandicor, Inc. and the San Diego Recorder's Office effective August 17, 2009 represents properties listed or sold by various brokers. While believed to be reliable, it cannot be guaranteed. If your property is currently listed, this is not meant as a solicitation.

Thank you Tony and Patty for your support and donation to  
 CCA July 4<sup>th</sup> event. Your ribs were Outstanding!!!  
 The Crest Community Association



# Tony's BB-Q, Deli & Pizzeria

## 619-444-8132

### Pizza

#### Create your own pizza

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

#### Toppings

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

#### Specialty

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

**NEW**

**NEW**

#### Salads

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

#### Deli Subs & Sandwiches

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

**NEW**

### BB-Q Ribs & Chicken

Grilled fresh daily & served all week!

#### Ribs

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

#### Chicken

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

#### Combo Special

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

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

#### Sides

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

#### Crest Foods

Prices are subject to change

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

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

## Padre Dam Update

(Information gathered from the Padre Dam Website)

### Level Two Drought Alert

Level 2 Drought rates and water use restrictions are in place in response to the 8% water use reduction by San Diego County Water Authority

Watering Days and Times: During Level 2 customers are limited to three (3) watering days per week. Customers may determine which three days they would like to water. Landscape irrigation using sprinklers is limited to no more than ten (10) minutes per station

To see how you stand on your water allocation, go to <http://www.padredam.org/> and click on the Online Bill Calculator link. By entering your 10-digit account number and your street number, you can see how you are doing with your efforts to reduce your water usage.

### Santee Lakes Development by Padre Dam

Padre Dam MWD is considering the development of a Restaurant and Cable Ski Park at Santee Lakes. Cable-skiing allows people to water-ski and wakeboard without a boat. It works just like a chair-lift at a mountain ski area. A horizontal cable, suspended on towers and powered by a quiet electric engine, pulls water-skiers and wake-boarders around a lake. A snack bar and pro shop are also being proposed as part of the project. There are approximately 5 cable parks in the United States. The Texas Ski Ranch is the closest. Kansas and Florida also have cable parks. More than 100 parks exist in Europe and Asia. Cable-skiing at Santee Lakes could open up the sport to kids and families, especially those that do not own boats. Many would walk to the park from the local neighborhoods to enjoy the activity. Santee Lakes is a "self-sufficient" operation within Padre Dam MWD. It does not receive rate payer subsidy and is not tax supported. They are interested in hearing your thoughts on the project. The following website provides information about the proposed project and allows for public input : <http://www.santeelakes.com/CableSkiPark.htm#cablepark> . .

### Multiple Species Conservation Website

[www.sdcounty.ca.gov/dplu/mscp](http://www.sdcounty.ca.gov/dplu/mscp)

#### General Information

(858) 694-2960 (800) 411-0017

#### What is the MSCP? The MSCP:

- Preserves San Diego's unique, native habitats and wildlife for future generations.
- Works across political boundaries in a unique regional conservation effort.
- Protects watersheds and water quality.
- Streamlines the permitting process for development projects.
- Ensures compliance with the federal [Endangered Species Act](#), state [Endangered Species Act](#), and state [Natural Communities Conservation Planning Act](#).

#### The MSCP is important because it:

- Conserves San Diego's natural areas and quality of life.
- Protects San Diego's diversity of native plants and animals, including threatened and endangered species.

Check out the website to review information regarding the 2009 East County plan:

<http://www.sdcounty.ca.gov/dplu/mscp/ec.html>

# Lenardo Pizzeria & Restaurant

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



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

## Subs & Sandwiches

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

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

### Salads:

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

### Pasta: (All served with Breadsticks)

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

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

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





**San Miguel Consolidated Fire Protection District**  
www.smgfire.org (619) 670-0600

**SAN MIGUEL 4TH ANNUAL "SAFE AND SOUND" FIRE EXPO**  
**SEPTEMBER 12, 2009**  
**11:00 A.M. to 4:00 P.M.**  
**RANCHO SAN DIEGO TOWNE CENTER/YMCA**

**Dear East County Residents,**

On September 12, 2009, the San Miguel Fire District will host our **4th Annual "Safe and Sound" Fire Expo**. The Safe and Sound Fire Expo will be held at the Rancho San Diego Towne Center/YMCA from 11:00 a.m. to 4:00 p.m. .

We invite you and your family to share in this unique and colorful public education effort. Our community has always faced significant fire dangers, but now with recent budget cuts, our dangers are greater than ever. The need to help educate our residents has also become even greater. The purpose of the Safe and Sound Expo is to further our joint efforts to Serve, Educate and Respond. The 2009 Fire Expo will share a variety of safety messages to help and encourage residents to better protect themselves, their families, and their homes. In addition, many of our other partners in the health and safety arena will share their expertise. The San Diego branch of the American Red Cross, the County Office of Emergency Services, the San Diego Sheriff's Department, the California Highway Patrol and local Fire agencies are just a few of our invited guests.

Support from many agencies help create a unique Child Safety Village as part of the Expo. The Village will be a designated zone within the Expo providing children and their families a fun and educational venue where we can deliver our Safe and Sound messages.

The event is completely free, in addition to the demonstrations, displays and classes there will be free rides in the "Little Fire Truck" and free hot dogs, snow cones and a host of prizes.

Sincerely,

Your team at the San Miguel Fire District

## **THE AGING OF SKIN**

Wrinkles and lines in our face; cellulite on the legs; draping skin on the arms and tummy. Television ads; magazine articles; gossip; surgery; injections; whispers of this and that

Technology makes it simple and cost effective:

**With: Nu Skin's - - - - - Galvanic spa**

Please go to Nu Skin website -

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

The information is all there. Please call for a free facial and presentation -  
discover a whole new world of skin beauty

(this is for men as well as women)

Pat Goulart

(T) (619) 442-4879

(C) (619) 890-4879

Beelady68@aol.com

(no membership fee - you are the technician)

## **MOVING ON: POWERFUL TIPS FOR SELLING YOUR HOME**

**By Lorri Bruner**

Lorri is a licensed real estate investment professional at Century 21 Award and has resided in Crest for 10 years.) For more information contact Lorri at [lafemducaci@hotmail.com](mailto:lafemducaci@hotmail.com) )

Maybe you're moving to a larger home to accommodate a growing family, relocating for a new career opportunity, or purchasing a townhouse for retirement. Whatever the reason for the move, you'll need to take the necessary steps to sell your home for the best possible price, within a reasonable amount of time. Where do you begin?

If you're like most people, you'll start by seeking assistance from a professional. A local real estate sales associate, who knows your neighborhood, can help you determine a fair market price. The sales associate should also recommend the extent to which you should make repairs or improvements to your house.

In order to select a real estate professional who's right for you, ask family, friends and neighbors for referrals. Attend open houses and interview several sales associates to find out how professional or experienced they may be. Get a written outline of how they plan to market your property and the services they will offer you.

Once you've identified a qualified professional, the rest is chemistry. Is the sales associate someone with whom you would like to work closely? Do you feel comfortable with the sales associate as your partner, working with you to give you advice and acting as your representative? Does he or she practice a consultative selling approach, focusing on the long-term client relationship and on the importance of exceeding client needs and expectations or is he or she caught up in the proverbial 'hard sell'?

The brokerage firm that your agent is associated with is also important. Research the firm's success rate and commitment to quality service. Does it survey existing clients in order to ensure customer satisfaction? What are the results of those surveys? How in tune are they with consumer needs? Do they offer guidance with mortgages or any discounts for other home related or moving services?

Determining your home's fair market value is one of the most important decisions you'll make during the home-selling/buying process. Your sales associate can help you set a fair price based on local market conditions. For instance, she or he will provide sale prices and other statistics of homes similar to yours that have recently been sold. Prospective buyers will be comparing your home to others on the market. Therefore, setting a comprehensive price can determine if your property will or will not sell.

For the first offer made, it's rare that the prospective buyer matches the asking price. If the offer is reasonably close to the asking price, carefully consider the offer before you consider turning it down.

Curiously, it's the first offer that can often be the best offer. If the first offer is unacceptable to you, it may in your best interest to have your sales associate respond with a counter offer. Whenever considering an offer, ask yourself if you would purchase the property for the amount being offered. Always be willing to negotiate, especially if the prospective buyer is pre-qualified for a mortgage.

Once you decide what terms are acceptable, let your sales associate negotiate with the prospective buyer to work out the best agreement for you. You'll need to be patient while the buyer arranges financing and as the real estate company compiles and prepares pertinent data. Careful planning and sound advice from a real estate professional can make selling your home a very satisfying experience.

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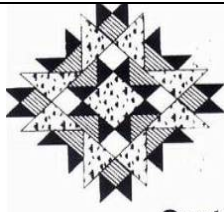


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### **A bit of Trivia....Did you know**

**Costco has a Trade-In & Recycle Program that lets you trade-in electronic gadgets for Costco Cash cards good for anything in Costco warehouses or at Costco.com. Electronics include laptops, cell phones, LCD monitors, digital cameras, camcorders, MP3 players, gaming systems, video games, GPS devices and more. The recycle program, powered by Gazelle, will pay Costco members 2.5% more than non-Costco members. Go to [www.Costco.gazelle.com](http://www.Costco.gazelle.com). This service includes free shipping and the company wipes data and resets passwords to factory setting.**

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**CCA Fundraiser Dinners**  
**Sept 2, 5-7 pm - Spaghetti Dinner**  
**\$5 Donation Adults - \$3 Kids**  
**Next month...**  
**October 7, 5-7 pm**

### **Kiwanis Fundraiser Breakfasts**

**9/26 8-10:30 am**

**10/21 8-10:30 am**





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### Too Many Fresh Tomatoes –

#### How about Oven Dried or Sun Dried Tomatoes

Trying to figure out what to do with all those tomatoes at once can be challenging. How about doing a little internet research at making your own sun dried tomatoes. Here are a few of the tips I've researched. Find your own recipe online and give it a try....

**Preparation:** Whether sundried or oven dried, simply slice off the top of the tomato, cut it in half, scoop out the seeds, pat them dry, and place them on a cake rack or baking sheet. Roma or plum tomatoes seem to be the favorites but all types of tomatoes work including cherry tomatoes. Omit those mushy or bruised tomatoes.



- **Oven Drying-** lie out and optionally sprinkle with sea salt. Place them on a baking sheet or cake rack (not touching) at extremely low heat—about 150 degrees—all day long ( May take 10-20 hours periodically rotating trays).
- **Sun- Drying** – Optionally dust them with salt, put them out where the sun will strike them (cover with fine netting or cheese cloth to omit the bugs). It may take two days or so - bring in at night.
- **How to tell when they're done** - The amount of time it takes depends on the water content of the tomatoes, the thickness of the slices, and how well the air is able to circulate around them. When done, the tomatoes should be flexible, like a raisin from a fresh bag; not brittle. Most describe them as leathery with a deep red color, without free water or a tacky feeling.

- **Storing** - Let the tomatoes cool to room temperature (about 20 to 30 minutes), then fill the bags. Don't overfill the bags, leave a little room for expansion. A vacuum bag is best but you can use Ziploc (or similar) bags. But be sure to squeeze out the extra air. Freezing will keep your tomatoes the best. They'll make a fine antipasto, over slices of crusty bread. They will also be quite nice sliced fine in cold pasta or rice dishes.,

**Notes about packing in oils** - If you like to have your dried tomatoes in a seasoned oil, such as olive oil with basil, thyme, oregano and/or minced or powdered garlic or garlic salt, it is best to do this when you are ready to eat them, or shortly before, and refrigerate them. Information that's available suggests that it is best to just do that as you use them or make up small batches and refrigerate them.

**Sun-dried tomato tips:** Sun-dried tomatoes will need to be reconstituted before use (unless packed in oil). Just let them soak in warm water for thirty minutes until soft and pliable, drain (reserve the liquid to add flavor to stocks and sauces), pat dry and use as directed in your recipe.) You can also use wine, broth, or other cooking liquid to reconstitute. Once reconstituted, store them in the refrigerator. *(Information gathered from various internet sites – Google “how to sun dry tomatoes for more options and recipes...)*

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# Crest Community Worship

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



**Services:**

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

## Crest Community Church

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

**Services:**

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



**Cornerstone Church**  
205 Lento Lane  
579-5633

**No information Currently available**

A Special Thanks from the Crest Community Association to St Louise de Marillac Catholic Church for their great support to our July 4<sup>th</sup> Silent Auction. Members of the congregation donated 13 auction baskets. You guys are terrific!!!!

## Operation Christmas Child

Crest Community Church is once again participating in Samaritan's Purse Shoe Box Ministry this year. Operation Christmas Child brings joy and hope to children in desperate situations around the world through gift-filled shoe boxes and the Good News of God's love. Since 1993, more than 61 million shoe boxes have been packed, shipped, and delivered across the globe.

**Last year, thanks to community support, we sent 83 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 18th. Additional details will follow next issue, or call the church at 442-3736 for more information.

### Want to get a start now?

**GIFT IDEAS TO START COLLECTING** (The 99 cent store is a good place to buy items plus the recommended plastic shoe boxes to pack items for each child – the kids get to keep the boxes in addition to their presents.) Fill your shoeboxes with some of these choices that will delight kids:  
**TOYS:** small cars, balls, dolls, stuffed animals, kazoos, harmonicas, yo-yos, jump ropes, small Etch A Sketch®, toys that light up or make noise (with extra batteries), Slinky®, etc.

**SCHOOL SUPPLIES:** pens, pencils and sharpener, crayons or markers, stamps and ink pad sets, writing pads or paper, solar calculators, coloring and picture books, etc.

**HYGIENE ITEMS:** toothbrush, toothpaste, mild bar soap (in a plastic bag), comb, washcloth, etc.

**OTHER:** Hard candy and lollipops (please double bag all candy), mints, gum, T-shirts, socks, ball caps; sunglasses, hair clips, toy jewelry, watches, flashlights (with extra batteries)

**A PERSONAL NOTE:** In a separate envelope, you may enclose a note to the child and a photo of yourself or your family. (If you include your name and address, the child may write back.)

**DO NOT INCLUDE:** Used or damaged items; war-related items such as toy guns, knives or military figures; chocolate or food; out-of-date candy; liquids or lotions; medications or vitamins; breakable items such as snowglobes or glass containers; aerosol cans

### Gifts should be select for one of the age groupings:

Determine whether your gift will be for a boy or a girl, and the child's age category: 2-4, 5-9, or 10-14. Labels will be available soon or mark information on the box..

**Please donate \$7 or more for each shoe box you prepare to help cover shipping and other project costs or perhaps you'd just wish to donate money for the shipping if you don't have time to shop.**

Go to the following link for more information regarding this great program. Samaritan's Purse was one of the first organizations to respond in Crest to the 2003 Crest Fires.

[http://www.samaritanpurse.org/index.php/OCC/Pack\\_A\\_Shoe\\_Box](http://www.samaritanpurse.org/index.php/OCC/Pack_A_Shoe_Box)

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# Travel Tips and Tricks

- **TIP #1 - Miracle Suds....** Dr Bronner's Magic Soaps is a laundry detergent, liquid soap, shampoo, and toothpaste, all in one. It's actually organic, biodegradable, and has a great peppermint flavor. Go to <http://www.drbronner.com> for more information. Free shipping with a \$20 order. Sprouts in El Cajon carries this product if you think it's worth a try.
- **TIP #2** - Use a soft-sided lunch box or ice cooler to carry your digital or video camera on your next trip. The insulation will protect your equipment on the plane; the container will keep you from advertising your expensive equipment. Plus, you have the added advantage of having a cooler available for a spontaneous picnic or in-room snack during your trip.
- **TIP #3:** Carry your beach towel on your next trip. It can be used as a pillow, blanket or seat cushion on the plane. If you arrive before your hotel room is ready, head to the pool or ocean.
- **TIP #4:** Renting a car from a local, independent car rental place rather than the big national chain can save you big bucks
- **Tip #5:** Use [www.Craigslist.com](http://www.Craigslist.com) to book a room overseas for a fraction of the price of hotels. Be sure to check out the references since these are local listings
- **Tip #6:** Pick up a business card at your next medical visit. List your medications on the back of the card and keep it in your wallet in the event of an emergency.
- **Tip #7:** When asking directions in a strange city or country, look for folks walking their dogs since they most likely are familiar with the area.
- **TIP #9: Pack a Traveling Medicine Cabinet:** Going to a foreign country? Or maybe planning a remote camping trip. Perhaps you are taking a boat load of kids with you on a trip? Multiple travel websites recommend that you be sure to pack the following:
  1. Antacid such as Pepcid Complete for heartburn and stomach-acid control. Be careful when mixing antacids with antibiotics, however since the antacid can reduce the effectiveness.
  2. Band-Aids and Neosporin for cuts, blister and bruises and infection control
  3. *Ibuprofen* (Advil, Motrin) or *acetaminophen* (Tylenol) for pain, headaches and mild fever or muscle inflammation.
  4. Insect repellent with deet under 35 percent
  5. Motion sickness medicine such as Dramamine or Bonine (non-drowsy) or if its really bad, go to your doctor and get the "patch")
  6. Imodium A-D for diarrhea – this stops symptoms much faster than Pepto-Bismol by several hours.
  7. Benadryl for relieving allergy or food symptoms.
  8. Sun block with a minimum of SPF30
  9. Cortaid or other anti-inflammatory cream which contains hydrocortisone to help with rashes and bug bites.
  10. Antibiotics: If you are going overseas you might want to visit your doctor and ask if he/she will prescribe an antibiotic such as Zithromax or Cipro for an effective bacterial or diarrhea cure.
  11. Make sure to pack a *fluid and electrolyte replacer* such as Pedialyte in case a child gets diarrhea, which can dehydrate little ones quickly.
  12. Carry a decongestant. Be sure to pack this medication in your carry-on luggage. If you are bringing prescription medicines it is recommend you bring your original bottle.
- **TIP #10:** Grab a copy of **Budget Travel** this month, they have some great deals for the fall. (Example: Costa Rica for \$879 including flight, car rental and hotel and some meals and tours or \$1600 for air from LA to Fiji including a beachfront room and meals.)





## For Sale Page, Arizona

Santa Fe style Lake House on Country Club Drive, built to entertain. It is the only exclusive neighborhood in Page, AZ on the International golf course. Once built out, this neighborhood will have less than 38 homes. This resort home is equipped with high end Jenn-Air appliances including a 48" double oven 6 burner grill top stove, 2 drawer dishwasher, and 42 inch built-in fridge all set with granite counters and alder cabinets. Main floor is stylishly laid out as a 3 bedroom and den with 2 interior fireplaces, one in the master suite to keep you cozy on a chilly Christmas day. There is an interior laundry off the Kitchen with built-in pantry, Viga log detailing on 12-foot ceilings with 8-ft interior solid Alder doors. All windows framed in natural alder and the main fireplace is a see through to the upper of two exterior Patios. The Living, Dining, Master Bedrooms and Patios have unobstructed sunset viewing of the 10<sup>th</sup> Fairway, Lake Powell, Glen Canyon and the Vermillion cliffs. There are 3 full baths and a guest powder room with a carved granite sink. All have vessel sinks and granite vanities; all serviced by Kohler and wall mount fixtures. The lower level bath has floor to ceiling tile and a open walk-in shower but with access to the lower patio, pool, spa and exterior kitchen. Only the master bath has a tub but it is a horizon style deep soaker large enough for two. The lower level is the entertainment area with a wine cellar, wet bar, 9-foot regulation pool table and theater room including a 10-foot screen & projection TV plus Patio access. The front courtyard acts as exterior foyer and lounge area with a Kiva fireplace. Finally there is ample parking with a 2-car garage and ski boat stall that is heated/air-conditioned, 27 feet deep so you can tinker with your toys year round. All garage bays have 8-foot doors.

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## **Crest Kiwanis**

*By Linda Chase*

What's happening at the Crest Kiwanis? Thanks to all the community members who have supported our Community breakfasts all year long. It has been a labor of love and good food. It is wonderful to see new faces every month.

We would like to welcome Brenda Markert as our newest member. She will be a great addition to the team. AND....she won the Flat Screen-HDTV drawing we had on the 4<sup>th</sup> of July.

Our new year starts in October so we want to say **THANK YOU to all of our 2008-2009 officers and board members:**

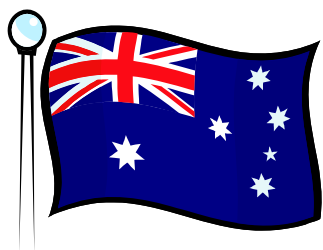
President: Dick Sutton, Vice President: Linda Chase, Secretary: Mary McLellan, Treasurer: Barbara Halte. Board members: Andy Knutson, Don Halte, Rosemary Michelson, Dennis Plunkett and Karen Nelson.

**Welcome to our new officers:**

President: Linda Chase, Vice President: Karen Nelson, Secretary: Andy Knutson. Treasurer: Barbara Halte. Board members: Patrick Bunsold, Mary McLellan, Dennis Plunkett and Neal Smith.

Our projects include: \$2000 donated to the Crest School for DocuCams; Volunteer drivers for Meals on Wheels; Support for Greenfield and Los Coches Creek Builder's Clubs, encouraging service leadership training and opportunities for kids; Support for the Earth Discovery Institute- the science program, at our very own Crestridge Reserve, for over 3000 school students, county wide; Donations and support for Crest Library; Special Olympics Volunteers; The Friendship connection (singing at convalescent homes); Girl Scouts and Boy Scouts; and many other worthy projects. Funds generated at our community breakfasts go to support service projects for kids and our community.

Do you have a service project that needs help? Join us at one of our monthly meetings and share your ideas with us. We meet the second Saturday of every month at the CCA building at 7:30 am



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44-Crest (Message)

# Crest Community Association

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

By Linda Hjelle, President

The July 4<sup>th</sup> event is the primary fundraiser for the Crest Community Association. The proceeds from this event comprise approximately 25% of the CCA budget or around \$2,500. Membership dues and Clubhouse rentals generate another 25% revenue needed to pay the bills. The remaining money needed each year to pay the bills is generated through monthly dinners, music nights and other special events such as Bunco nights, etc. Our new clubhouse has great potential, but along with it comes additional bills such as air conditioning, trash pickup, internet, phone service, and higher insurance rates. Keep in mind that joining the CCA and attending all these great events are two-fold; it helps to bring the community together to share resources; plus it pays the bills! So come on out for our next dinner, music night, or Bunco tournament to support your community and meet new friends! If you haven't already done so, now is a good time to mail in your membership dues for the 2009-10 year (July 1 to June 30<sup>th</sup>)

Was all the work and effort worth it for the July 4<sup>th</sup> event this year? **You bettcha!** Did you see the smiles on the faces of those little kids as they marched down the street or those sitting on the curb watching bright eyed as candy came flying from the home made floats? As mentioned, many volunteers stepped up to the plate and helped out this year! I know I am about to omit names since there were so many groups working independently so I apologize in advance. Kandy Franklin-Collins, as always, managed to pull all the details together working with the parks and recreation, parade folks, getting the trophies ordered, and co-chairing the event with me. We can't thank Judy Richardson, the Johnsons and the Fireman's Association enough for helping out with generous monetary donations. Pam Grigg and crew worked hard to make our CCA grounds look beautiful. Thanks to Kiwanis members Karen Nelson, Dennis Plunkett, Linda Chase, Don Halte, Barb Halte, Pat Bunsold, Andy Knutson, Dick Sutton, Mary and Don McClellan for the great burgers and hotdogs. Did you taste those yummy ribs by the Crest Community Center? You can thank Tony and Patty Shammass of Crest foods, and co-workers. (As an added bonus, did you see that beautiful Shammass grandbaby?) Jerry Hjelle, my wonderful husband helped with the CCA food and auction setup and breakdown. What is an event without dessert? Thanks to the Crest Community Church members Kerri Lambert, Joetta Shipley and Tammy Bush for covering the cookie booth. Kerri we are all hoping your back feels better soon!

Thanks to sign brigade that worked with the County to meet the new road closure requirements this year. Tony Atkins, Dave Jones, Jeff Stenmore, Tom Grace, Jerry Hjelle— Thanks for all your hard work picking up, placing and returning all those signs!

I never did get **all** the names of the 25 plus folks that manned that road closure signs. You did a great job; thanks for taking the time. Thanks to: Tom and Jackie Grace, Jackie Grace, Mick & Gail Luhnnow, Bonnie Weischedel, Grant Clinger, Art & Paula Floto Debbie Milligan, Steve Chase, Lisa and Mike Winters, Jerry Harpenau, Dean Sheppard, Suzanne Mullins, Judy Richardson and Rick Barclay. Special thanks to those that volunteered at the last minute. Thanks Johnna Hitt, Glenna Evans and Cathy Kolbenschlag for notifying neighbors of the event (another new requirement).

What a great parade!! Thanks to parade organizers, Tom and Dan Wilson, Cal Fire, and our very own San Miguel-Crest fire fighters. .Kandhy thanks for getting the trophies. What would a parade be without the parade participants? Thanks to Jerry Beck for providing us that great patriotic music. Thanks to all those that made floats, decorated bikes, rode horses and marched in the parade.

Thank you for San Miguel Fire Fighters and Cal Fire for providing our first aide station, judging our parade, donating money through your association and to Fire Chief Augie for donating to our silent auction! We are so lucky to have you in our community.

What great music! Thanks to Chris Seebolt who coordinated music and Moriah Seebolt who kept the tradition by kicking off the 4<sup>th</sup> with the National Anthem as well as other great tunes, Thanks to the Grand Daddy-OS and 8Trackstar for the terrific music was played throughout the day. Jonny Gonzolez, thanks so much for providing our stage. Charles Collins, and Rick thanks for setting up the electrical.

This was the first year for our Silent auction – Thanks to Lorri Johnson and Jeannie and Paul Johnson, Pat Goulard, Barb Atkins, and Linda Hjelle for running and recruiting gifts for the silent auction. We had over 55 donations to auction off and brought in around \$2200. WOW! How do we start to thank all of you that donated items? Starting with St Louise Catholic Church – they stepped up and donated 13 items to the auction! Folks include: Gene Chubb and RCP Block & Brick, Inc, Barbara Frenzese, Dick and Rosanna Sutton, Mary Lou Foran, Don Halte and Sycuan, Susie Chubb, Janice Florence, Mary Phillips, Fr Justin Langille, Laura Hoke. Thanks to Rachel Cave, the great basket decorator. A special thank you to Barbara Atkins for helping us obtain some great “big ticket” donations! Thanks Brad Halte and Cox Cable, Kathy and Mike Bowall, Jennifer Nilles, Jennifer Eichhorst, Danya Shaw, August Ghio, Michelle Little, Brooke Johnston, Karen and Jeff Sugg, Blue Jeans and Bikinis, Risa Goldberg, Christian Community Theatre, The Crest Lawn chair brigade (Suzanne Mullins, Linda Hjelle, Janice Florence, Carol Gilmore, Karen Sugg, Angie Bolton, Yolande Johansen, Darlene Hart, Laurie Wall, Sue Steveson, Marthy O’leary, Sue Trafton and Becki Pineda); Karen Weiss, Pat Goulard, Troy Billet, Gary and Linda Hopkins, Lori Johnson, Ann Scott, Marsha Mooradian, Ed Bia, Patti Manos, Rick, and Andrea Johnson Our El Cajon artist donations came from Jackie Grace, Marty Thompson, Maria Olguin, Dottie Hayes, Lori Johnson, Lenore Ingraham, Elsimae Cleeton.

Thank you Jackie Grace for hosting the membership and CCA booth as well as spending hours matting pictures for the silent auction. Thanks Susan Lee Cooke for coordinating the CCA memorabilia sales, Kathy Sawaya for working to recruit a CCA seniors group, Dot Miller once again covered the Historical Society Booth, Faith and Kandhy Franklin covered the Crest Fire Safe Council booth. Thank you to all our wonderful vendors and to Kandhy Franklin and Judy Becker for coordinating the effort.

Finally, thanks to the Kiwanis, Glenna Evans, Dennis Plunkette and others for helping with the cleanup. Whew!

***Thank you Bonnie Bowman for taking the great photos you see on page 2!***

**Did I miss your name? Let me know, not only because we want to thank you but We don’t want to lose you for next year!!!!**

***Parade winners this year included:*** SWEEPSTEAKS; Iwo Jima Float by Jim McDonald, MOST PATRIOTIC; Surry on the top by Cathy Kolbensschlag, MOST CREATIVE; Charger’s Van by Lou, BEST GROUP; Antique Tractor Association by Dennis, Pete, and Jerry, BEST FLOAT; Iwo Jima, BEST RHINO; Sarah Triglia, BEST GOLF CART; Army/Camo Cart by Gilbert Mastri, BEST JEEP; Red, White, & Blue by Chris Sadus, BEST INDIVIDUAL; Uncle Sam by Duncan Hunter’s group, BEST NON-MOTORIZED; Bicycle group, and BEST HORSE GROUP; Freedom Riders by Nicole

## Join 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 \_\_\_\_\_ Email: \_\_\_\_\_

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

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

July 4<sup>th</sup> Event    CCA Dinners    Music Nights    Clubhouse maintenance

**GOT HORSE?**



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**References available**



By Kandhy Franklin-Collins

Take a second to drive by and see the **new fire department sign!** It fits with the character of the community and demonstrates that San Miguel was listening to what we wanted to see!

If you are new to Crest, or on the perimeters of Crest and see smoke or smell smoke, **don't hesitate to call me right away at 619-444-4996 or 619-977-1566.** With your call, I can verify the information and put out a call to the community. Thank you so much for your support,

We are coming up on a very dry season and could sure use your help. For each "all call" that we make, we use 1,657 calls. So it becomes very important that we have the right information from you. On our last call out for a fire, we had 12 disconnected numbers, and 90 calls that never went through. We are charged for each number attempted. If your numbers have changed or you need to add a number, email [kandhyfranklin@cox.net](mailto:kandhyfranklin@cox.net). If you haven't yet signed up, send your name, and up to three phone numbers (cell, home, work) to the address above as well as your email address if you wish to get community updates by email.

Thank you to those who have donated to the Crest Emergency System! You have been so generous and we appreciate it. We have updated the system with new "bells and whistles" to make the system easier to work for the CFSC. Remember to wait and listen for the message when you hear the tones in the phone, there is a slight delay. If you interrupt the message, it will get garbled and difficult to hear. If you have phone id then you will see the number for the Crest Clubhouse. 442-7378. This number is an answering machine number only that is checked periodically. If you want to hear the message again, there is a group number: 138144. You don't need a password to hear the message. The number to call if you have questions is toll-free: 877-698-3262.

The time is come for us to **renew** our [Crest OneCall Now.com subscription](http://CrestOneCallNow.com). We have purchased 10,000 calls for \$700.00. If you are able to make a donation of **ANY SIZE**, your Crest Fire Safe Council would be thrilled. Please send your check today to Crest Fire Safe Council 113 N. Crest, CA 92021..

Your Crest Fire Safe Council  
619-44-CREST

Lic # 405788

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## Some Very Cool Internet websites And a Tip or Two....

**Gazaro.com** is a website designed to search through sales flyers and store websites to find the best deals on electronics like Walmart.com, Bestbuy.com and Amazon.com and alerts you when prices have gone up or down.

**PromotionCodes.com** and **Retailmenot.com** are two websites that gather current promotional codes and coupons and free shipping for everything imaginable from food to travel to educational products.

**PlasticJungle.com** offers gift cards at discount pricing at an average of 15%. Card balances are verified. You can also sell or swap cards.

**Gutenberg.com** – Project Gutenberg offers more than 20,000 classics online as a free download.

**Talkster.com** lets you talk to people around the world for free for as long as you please. By entering your cell phone number and your friends number at the website and they will issue you a set of local numbers to connect. The catch: you have to listen to a 10-second ad.

### **twitter.com/groupsondiedieo**

Here's how it works: Each day they feature something cool to do at an unbeatable price. You only get it if enough people join that day... so invite your friends! Check back the next day for another awesome Groupon! The San Diego version of Groupon uses Twitter which is cool since this is my first experience in the Twitter world) As a side note, remember in a past issue when we listed [www.woot.com](http://www.woot.com)? Groupon is a combination of coupons and woot, what will they think of next.

**Craigslist.com** can be used to find a deal book a room overseas for a fraction of the price of hotels. Be sure to check out the references since these are local listings. (Example check out the San Diego Listings: <http://sandiego.craigslist.org/vac/> )

**Edmunds.com** is a great website to explore before buying a car to compare the five-year true cost.

### **TIPS**

- Planning on buying a computer? Shop online and register at various sites. Put the item in you online shopping cart but don't purchase it

right away. The next time you go back on line, the site may offer you a discount code or markdown. Check your carts frequently for a deal.

- Did you know that some supermarkets charge more for supersize products than the smaller sizes? Check it out.
- Did you know that the baby carrots you are eating may actually be large carrots cut down and dipped in bleach to preserve? To make baby cut carrots, large, sweet carrots are machine cut into two sections then scraped down to size with the ends rounded. If you are looking for true baby carrots, look for the labeling – they will say “baby carrots” vs. “baby cut carrots”
- Have your doctor write your prescription for double the dose and cut them in half. The price savings can be considerable. Check with your doctor first in that some medications only work when swallowed whole.
- Sprint, Verizon and AT&T now allow you to switch plans without repercussions. Check it out.
- Ask your butcher for a beef shin bone for your dog. It might be free or may cost you \$1 compared to \$9.95 at Petco.

### **Boost Your Social Security Income**

The September/October 2009 issue of AARP Magazine has an excellent article on little-know strategies that can add thousands of dollars to your Social Security Checks. Go to <http://www.aarpmagazine.org/money/> and click on the Boost your Income Link.

Did you know:

- You can apply for spousal benefits and allow your benefit to continue growing 8 percent a year?
- You can apply for your benefits which allow a stay-at-home wife to apply for a spousal benefits and then voluntarily suspend your benefit so it will keep growing?
- If a spouse is divorced after 15 years of marriage, made less than the spouse, and has not remarried, he/she is eligible for benefits even if the spouse has remarried and has not yet filed for benefits.
- Did you know if you have second thoughts about taking your social security early, you can repay the benefits and reapply later?

Grab that AARP magazine and go to [www.socialsecurity.gov/OACT/anypia/anypia.html](http://www.socialsecurity.gov/OACT/anypia/anypia.html) to explore your options.



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*PURE* chocolate is safe for Diabetics. It helps the pancreas produce insulin correctly.

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**Roseanna Sutton**  
(619) 442-9537  
(619) 398-5071  
[winsmoor@sbcglobal.net](mailto:winsmoor@sbcglobal.net)

**Sally Bruner**  
(619) 579-9862  
(619) 990-7079  
[sallybruner@cox.net](mailto:sallybruner@cox.net)



# Crest Elementary School

2000 Suncrest Boulevard  
588-3128  
Martin Jaquez, Principal

### Back to School Word Search By Shea

Find the words that describe school. Try to do this in less than 5 minutes. Good luck.

```

D R E C E S S B A N S I I
N E K S D N Y E P T S E G
T A S C H O O L C T E R N
P D P K R O W E M O H S I
N I N R W S T Y W A A D T
D N U O R G Y A L P T E I
H G E W I B S D I H A H R
I L I S U T O K R C F G W
A B T S I E N E H O R T S
K T S A F K A E R B I L E
D L S L I R R W T I E B N
P E N C I L S S L E N E C
C Y N A E D P W P D D N A
    
```

breakfast  
bus  
classwork  
desk  
detention  
friend  
homework  
math  
pencils  
playground  
reading  
recess  
school  
sleep  
teacher  
test  
weekday  
writing

See last page (42) for answer key



### Just for Kids:

Shea is student in Cajon Valley. She created this word puzzle to help Crest kids get ready for school. If you want to create your own word search or cross word puzzle, go to: [www.armoredpenguin.com](http://www.armoredpenguin.com)

**Lunch should consist of a:**  
Protein, Fruit, Vegetables, Starch

### 10 Great Lunch Box Ideas

1. Trail mix
2. Sandwiches
3. Deli rolls
4. Restaurant Leftovers
5. Yogurt
6. Burrito
7. Bread & Cheese
8. Pasta
9. Anything with a dip.

## Cajon Valley Union School District

### Crest School & Los Coches Creek School Schedule 2009-2010

#### 2009-2010 Schedule

08/24/09 First Day of School  
09/07/09 Labor Day  
11/11/09 Veterans Day  
11/25-11/27 Thanksgiving Holidays  
12/21-01/10 Winter Break

01/18/10 Martin Luther King Holiday  
02/08/10 President's Day (Lincoln)  
02/15/10 President's Day (Washington)  
03/29-4/11 Spring Break  
05/31/10 Memorial Day  
06/17/10 Last Day of School

## Grossmont Union High School District

### Granite Hills Holiday Schedule 2009-2010

#### 2008-2009 Schedule

09/08/09 First Day of School  
11/11/09 Veterans Day  
11/23-11/27 Thanksgiving Holiday  
12/21 – 01/03 Winter Break  
01/18/10 Martin Luther King Holiday

1/29/10 Faculty Workday only  
02/08/10 President's Day (Lincoln)  
02/15/10 President's Day (Washington)  
03/29-04/02 Spring Break  
05/31/10 Memorial Day  
06/22/10 Last Day of School



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## Dianne Jacob Speaks Out:

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

### SDG&E Fire Plan is All Smoke

August 4, 2009

SDG&E has a long history of putting profit ahead of the public good. Now, the company that fought to return record profits from low-cost energy contracts to its shareholders instead of ratepayers during the California energy crisis has a radical, untested idea to prevent backcountry wildfire.

The very same people who got caught by the *San Diego Union-Tribune* issuing unnecessary Stage 3 power alerts with plenty of power to spare in 2007 are forging ahead with a plan to kill the juice proactively.

This time, SDGE claims that what might be days-long blackouts are absolutely necessary to preempt deadly wildfires caused by its lines. If SDG&E has its way, more than 60,000 homes could be plunged into darkness when winds reach a certain speed and brush moisture drops to certain levels.

Here's what's missing from SDG&E's expensive ad campaign: power lines themselves weren't the problem in the horrific firestorms of 2007. The problem was the utility's failure to maintain them.

The details are in the "after action" report conducted by the Consumer Protection and Safety Division of the California Public Utilities Commission.

In the case of the Guejito fire, the report concluded that minimum inspection requirements were violated. In the case of the Witch Fire, inspectors discovered SDG&E infrastructure "did not have minimum separation as required" by existing regulations.

The cause of the Rice Fire in Fallbrook was especially flagrant. On July 18, 2007, an SDG&E contractor reported a sycamore tree growing into wires and ordered it be trimmed. SDG&E ignored the order. Three months later, a falling branch from the very same tree touched off the Rice Fire.

Because SDG&E is on the financial hook for the damage it caused by negligently failing to maintain its system, its "risk management" experts have come up with the shutoff plan.

As currently crafted, the plan would shift liability from the utility to taxpayers. When SDG&E decides to cut power, if homes should burn or people die in one of the 97 percent of fires not caused by power lines, taxpayers, not the utility, could be forced to foot the bill!

Given the choice between doing right by the public and protecting its bottom line, the utility is, as always, following the money.

SDG&E is choosing to bring unnecessary grief to some of our region's most vulnerable populations: seniors who are dependant on life-sustaining medical devices and refrigerated medicine, people with disabilities who can't afford highly-specialized care during a shutoff and struggling ranchers and agricultural businesses that, in

this economy, don't have thousands of dollars for specialized generators.

SDG&E's simplistic and hostile rhetoric scapegoats impacted communities and deliberately distracts from the real problem: had SDG&E followed existing state regulations back in 2007, homes would still be standing.

The utility should be garnering public support for tested and proven fire prevention measures like undergrounding, better vegetation management, swapping safer steel poles for wooden poles, wider spacing between lines to prevent arcing and increased inspections. Instead, it's crunched the numbers and determined that it's cheaper to cut power.

Here's what else is missing from the utility's impressive public relations blitz: had the shutoff plan been in place in 2007, it would not have prevented the 2007 firestorms. Cal Fire data shows that communities would have been shutoff from power *after* the start of the fires.

This is among the many reasons Cal Fire, the San Diego County Fire Chiefs Association, the San Diego County Sheriff's Department and the San Diego County Office of Emergency Services won't embrace the plan.

Sadly, SDG&E isn't the only entity in the region selling out residents. The *Union-Tribune* has reported sordid tales of SDG&E contractors and leaders of SDG&E-funded community groups failing to disclose financial ties to the utility while testifying in support of the shutoff plan before the CPUC.

The people opposed to the shutoff plan don't have the oil industry's millions to buy influence and manufacture a PR campaign. Still, the San Diego County Board of Supervisors, the San Diego County Office of Education, numerous water districts, telephone companies, cable television companies, people with disabilities, consumer protection groups and thousands of residents are united in our opposition to this poorly-crafted gamble.

**August 11, 2009** - "The ALJ is right on and to be commended for seeing through SDG&E's expensive propaganda and recognizing that the current plan is an ill-crafted gamble that would put lives, property and businesses at great risk. The Simon proposal fails to address two critical questions that must be answered before any plan is implemented. First: whether shutting off power will result in a net reduction in wildfires. Second, whether the benefits of the shut-off outweigh the adverse impacts. As the ALJ rightfully and wisely warns, SDG&E has failed both tests."

**August 20, 2009** "I applaud the CPUC's decision to put a stop to SDG&E's arrogant and unilateral attempt to implement its shut off plan prior to a formal decision by state regulators. This is a victory for public safety and a victory for opponents of this bad plan."

# Travel Tidbits

If I haven't personally tried these locations but find them interesting. All are accessible by car within a two to three hour drive. If you go, share your review... [editor@thecrestsun.com](mailto:editor@thecrestsun.com)

**A "Gouda" Day in the Country** – Close to Hemet is the Winchester Cheese Company, a family run dairy farm that makes 100% natural gouda cheese according to a centuries old recipe from the Netherlands. You can learn how they make their award-winning varieties of Boere Kaas gouda and you get to sample the final product. Winchester Cheese Company is owned and operated by Jules Wesselink who was born and raised in Haarlem, Holland. Jules has operated his own dairies in California since the 1950's. As the metropolitan Los Angeles area has grown, Jules's dairies have moved from Artesia to Chino, and now to Winchester. The dairy now has 500 Holstein cows.

You and your children will enjoy your visit to The Winchester Cheese Company and Dairy. They are located within easy driving distance from San Diego. It is also close to several local wineries and the new Southern California Water Reservoir being constructed nearby.

They are open for business Monday thru Friday from 9 a.m. to 5 p.m.; Saturday and Sunday 10 a.m. to 4 p.m. Call first to confirm that cheese will be made during your visit.

<http://www.winchestercheese.com/>

Phone: (951) 926-4239

From San Diego: I-15 north to Winchester Road. (2nd State Route 79 exit). North on Winchester Road to Holland Road. Left on Holland road to Wesselink Dairy/Winchester Cheese Co.

Don't want to drive? Contact Day Tripper Tours and hook up with their October 8<sup>th</sup> tour for \$69. [www.daytripper.com](http://www.daytripper.com) 299-5777

**The Gondola Company is your Passport to Italy.** You can indulge in all the magic and tradition of Venice right here in San Diego as you gently cruise in a private gondola through the enchanting canals of the Coronado Cays. Whether it's a relaxing journey or a romantic adventure, each cruise promises to be a truly memorable experience.

Gondola cruises are approximately one hour in length. Each gondola can accommodate up to six passengers. Soft blankets are provided. Cruises include a complimentary appetizer or dessert plate. Guests may bring their own beverage. Ice buckets, glassware, and wine openers are supplied. Cruises are available weekdays 3 pm to midnight and weekends 11 am to midnight. Reservations are required. The cost for this Pasaporto Cruise is \$85 for two people. Additional guests are \$20 per person.. Guests are invited to bring their own beverage.

<http://www.gondolacompany.com/index.htm>

For information and reservations, call 619.429.6317

## **Gondola Getaway – Naples, CA**

A trip to Italy just two hours or 119 miles away. Alamitos Bay at 5437 E Ocean Blvd. Long Beach CA.

This hour long cruise includes a basket of food, music and a real gondolier. You need to call and make a reservation for private tours. Boat rentals are available, too. The closest hotels to the Gondola Getaway include many nice Long Beach hotels such as Hyatt Regency, Queen Mary Ship, Westcoast Long Beach Hotel, Hilton, Westin, Renaissance and several great, affordable properties such as Best Western Golden Sails, Seaport Marina, Guesthouse Inn, etc. There are no hotels on Naples Island.

For more Information: (562) 433-9595

<http://www.gondolagetawayinc.com/index02.html>

### **Travel Tip:**

Planning a trip to Disneyland this year? Throughout 2009, get in free on your birthday. Register in advance at [www.disneyparks.com](http://www.disneyparks.com) and bring ID

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# Day-Cationing in San Diego County

**9/2-9/30 El Cajon Classic Car Show** – Each Wednesday from 5-8 pm – Main Street El Cajon.

**9/12-13 – 4<sup>th</sup> Annual Mission Federal Artwalk (free)**  
- Embarcadero Marina Park North San Diego, Calif. (located behind Seaport Village) - Intimate open-air fine arts festival features original artwork from more than 100 artists, live music, wine tasting, kids activities and more!

**9/14-16 – Action Sports World Tour - Belmont Park (free)** More than 50 world-class skateboarders, BMX riders, and aggressive inline skaters will bring their aerial acrobatics and unmatched moves to San Diego in a world-class competition by the beach. In addition the live action sports display, there will be a live performance by the female rock group, The Donnas.

**9/20 – Coronado Art Walk- (free)** The 4<sup>th</sup> Annual Coronado Art Walk will involve nearly 100 artists displaying their work. This open-air art festival is set in the 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 Art Walk, in an effort to promote alternative transportation to the island. 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 (no extra charge) and make a day of it. The ferryboat leaves Downtown San Diego on the hour and departs Coronado on the half-hour.

**10/1-31 – Kids Cruise Free in October on the Hornblower** - Hornblower Cruises & Events is inviting all children ages 12 and under to explore the Bay for free in October. Complimentary tickets will be provided for up to two children, per each paying adult on a one hour or two hour, narrated harbor cruises during the entire month of October.

The Harbor Cruise is narrated by a seasoned Hornblower captain and highlights over 50 famous sites of the Big Bay, including the Coronado Bridge, the Star of India, and military ships including submarines and aircraft carriers. Each harbor cruise boat has a full snack bar serving a variety of food and beverages, including adult beverages.

Adults who buy a full-fare Harbor Cruise ticket at \$20.00 for a one hour cruise and \$25.00 for a two-hour cruise, each will receive two free child rate tickets. Tickets can be picked up at the Hornblower ticket booth located at 1066 North Harbor Drive in downtown San Diego. The passes must be used during the month of October and are only valid for the one hour cruise.

For a schedule of daily cruise departures please visit the web site at [www.hornblower.com](http://www.hornblower.com) or call 619-725-8888.

**9/26-27 – 10am – 4 pm – US Navy Ship Tours (Free)**  
Tours are conducted on a first come-first served basis. No advance reservations can be accepted. Location: Naval Air Station, North Island, Coronado. Follow signs to the Coronado Speed Fest parking. Requires a valid photo ID issued by the U.S. federal, U.S state government, or valid passport for anyone over 16 years old. (This is the same ID required for boarding an airliner). For more information:  
<http://www.fleetweeksandiego.org/events/2008/usnavyshiptours.htm>

**October 4, 2009 – Sunday 11 am- 5:00 pm – Alpine Viejas Days Parade, Kids & Craft Fair** – The Craft fair runs from 11 am – 5:00 pm. The parade steps off on Alpine Blvd at South Grade Road at 2:00 pm - 2955 Alpine Blvd – Albertson's Shopping Center. Booths also located at the Alpine triangle and the Alpine Elementary School. Free Shuttle service provided by the Lions from 10:30 – 5:00 pm.

**October 2-4 – Oktoberfest – El Cajon – German American Club** - Expect a beer garden, German folk dancing, games and, of course, authentic Bavarian food at El Cajon Oktoberfest, held over two weekends at the German American Club. The annual event also welcomes live bands and craft stalls. – For more information call 619) 442-6637  
<http://www.germanclubsandiego.org/oktoberfest.html>

**.October 2-4 – Oktoberfest – La Mesa Village** - 36th Annual Oktoberfest. You don't want to miss the Grand Daddy of all street fairs and the largest 3-day Oktoberfest West of the Mississippi. 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. Friday October 2nd. 11am till 11pm; Saturday October 3rd. 11am till 11pm; Sunday October 4th. Noon till 6pm. For more information about this Oktoberfest and more: [http://sandiego.about.com/od/thingstodo/a/sd\\_oktoberfest.htm](http://sandiego.about.com/od/thingstodo/a/sd_oktoberfest.htm)

**October 1–31 - San Diego Zoo** - During the month of October, children (ages 3–11) enjoy FREE admission to the San Diego Zoo and the Wild Animal Park!

**10/2-4 – MCAS Miramar Air Show – 8 am (Sunday 5:30) - [www.miramairshow.com](http://www.miramairshow.com)**  
Admission, parking and blanket seating are FREE. "Blanket seating" means an open paved area where attendees can stand or sit on their own blankets or lawn chairs. Preferred seating areas are available with paid admission

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Crest El Cajon

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

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

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

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

Meetings are held the 2<sup>nd</sup> Monday of each month at 7:00 pm. Locations rotate between the Dehesa Fire Station, The Crest Community Center, and the Harbison Canyon Community Center. The next meeting of the planning commission is September 14, 2009 at the Crest Clubhouse..

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

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

(June 8<sup>th</sup> Excerpt); Item 7b. Public Project Proposal. Stop Sign on Eucalyptus Drive, Crest. Chairperson Wally Riggs explained that Maria Rubio, County Traffic Advisory Committee, informed him that the existing stop sign that has been in place for many years at the corner of Eucalyptus Drive and Dehesa Mountain Lane, Crest, was originally installed without approval of the Board of Supervisors. The County is soliciting comments on this matter from the Planning Group before the July meeting of the Traffic Advisory Committee. Judy Bowen (Crest) moved that the Planning Group informs the Traffic Advisory Committee that it has no objection to the removal of the unauthorized stop sign at the intersection of Eucalyptus Drive and Dehesa Mountain Lane, Crest. The motion passed (10 yes; 0 no; 0 abstain).

(July 9<sup>th</sup> Excerpts)

Supervisor Diane Jacob has scheduled a meeting on 17 September to hold a community discussion about the possibility of the Rural Fire Protection District forming a joint fire station in Dehesa with the Sycuan Tribal Fire Department, which would provide full fire and emergency service the Dehesa-Harbison Canyon communities for a 3-year period. (The matter will be an item on the agenda of the October meeting of the Planning Group.)

Item 6a. Private Project Proposal. TPM 21164, Proposed 4 Lot and Remainder Parcel Split, 1970 La Cresta Road, Crest. Chairperson Riggs introduced the parcel owner and applicant, Stan Harper, and reviewed the application to split an 11-acre parcel into 5 lots, each at least 2 acres. Two existing dwellings will be retained; all lots will be served municipal water; an existing well on Lot 2 will be retained for irrigation use only; all lots have passed septic percolation tests and will be served by septic systems with leach fields; the project is surrounded by 1-acre lots on one side and by some 2-acre lots on the opposite side; 31 adjacent neighbors have been notified of the proposed project and no objections have been received. Pat Ulm moved that the Planning Group recommends approval of TPM 21164 as proposed. The motion passed (12 yes; 0 no; 0 abstain).

Item 7a. Public Project Proposal. Planning Area Community Plan, 2020 General Plan Update. Chairperson Riggs informed the Group that the Draft Community Plan is available for a 60-day public review period beginning Monday, 29 June 2009, at the Department of Planning and Land Use web site. This draft Community Plan will be reviewed at the August meeting of the Planning Group.

Item 7b. Public Project Proposal. San Diego County Draft General Plan, Revised July 1, 2009. Chairperson Riggs informed the Group that the Draft General Plan and Draft Environmental Impact Report are available for a 60-day public review period beginning Monday, 29 July 2009, at the Department of Planning and Land Use web site. The Draft General Plan and Draft EIR will be reviewed at the August meeting of the Planning Group.

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# About Crest... South Lane Park



When researching the background on South Lane Park, I found two different documents filed away in the archives of the Crest Historical Society describing its beginnings.

An article printed in the January 1998 Echos Newsletter (originally printed in the 1988 BACK COUNTRY TRADER by Ann Holton) stated:

***“Originally, Suncrest Incorporated gave property to the Baptist Church for building a retirement home. The home was never built. The property reverted to the County who later sold it to a private party.” On October 24, 1974 the Crest Civic Group wrote a letter to the County asking them to acquire this 10.5 acre site for a Crest Park.”***

This October 1974 letter was written by Kathryn Hawkins and John Darsey, of the Crest Civic Group Park Project to the County in an effort to initiate the project of obtaining the property for a community park. Excerpts from this letter elaborate the park’s history with a little different spin:

***“When the southern portion of the community, know as Suncrest, was developed in the early 1920’s, that acreage was noted on the county assessor’s map as Park and Recreation land, under the auspices of Suncrest Inc, membership comprised of property owners in Suncrest. In the early 1960’s, apparently, because of the tax burden, the parcel was sold and passed into private ownership.***

***The property was not developed, however, and continued in use as open land. With the consent of the owner, it continued to be utilized as a park until sold recently. In 1968, the Crest Civic Group and local chapter of Equestrian Trails, Inc. jointly, built an arena and conducted horseshows, mini-bike rodeos, and other community and fund-raising activities which contributed to the unusual sense of identity and spirit of the Crest Community.***

***Many efforts have been made by The Crest Civic Group and by individuals to investigate how the land might be returned to public use. Apparently, the usual approach would be to form a tax assessment district. As the community was tragically stricken by the Laguna Fire of 1970, with 115 homes completely destroyed and with a consequent, drastic increase in real estate appraisal (following the upgrading of the area with new homes), most of the property owners are not receptive to the tax assessment solution. A more likely approach would seem to be through donation of the land to the County by an individual or a group....”***

Additional information found in Ann Holton’s article stated ***...“It took four years before the property was included in the local Parks Implementation Program because the Park Land Dedication Ordinance fund for our local park planning area was insufficient to cover the acquisition costs. No federal or state grants were available as a supplement to that fund until 1978.”***

The article further states ***“...hearings were held from May 30, 1978 to March 14, 1979 until finally the property was acquired by the County for the sum of \$140,000 with the understanding was that no development would occur until both development and maintenance revenues were identified. On April 23, 1982, the Crest Civic Group officially name the park “South Lane County Park.”***

In 1984, The Crest Horse Group/E-Crestrians, Inc was granted a non exclusive use and occupancy permit for the five acres closest to South Lane. The group was required to pay utilities and maintain the property as needed.

Since 1984, the E-Crestrian group in conjunction with the county has maintained South Lane Park. In the past two years the Crest Fire Safe Council has been working to utilize South Lane Park additionally as a secondary disaster recovery center and large animal evacuation center.



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## Critters in Crest Gray Fox

By Contributing Editor Christina Seebold  
and Stanley A. Shelton

The gray fox, *Urocyon cinereoargenteus*, is unique among foxes in that it can climb trees (to avoid predators, and to prey on tree dwelling food), and, even acts cat-like at times. It is considered to be amongst the most primitive of the canids (foxes and dogs).

In coloration, they have grizzled upper parts, a strong looking neck and a black-tipped tail. The males are slightly smaller than the females and measure from 31½ to just over 41 inches in length. The tail can be 11 to 17½ inches long, and they weigh 8 to 15 pounds.

They mate for life, and in February to March each year, have one to seven kits. They have a gestation period of about 53 days. The kits can hunt for themselves after approximately 4 months of age and leave the parents when they reach sexual maturity in autumn. They range from southern Canada to northern South America. They are solitary hunters and omnivorous, eating rabbits, voles, shrews, birds and any fruit they can find.

I saw a pair of gray foxes raise a family at a Kearny Mesa plant (where I used to work) a couple of years in a row. They raised their kits in a storage tent and hunted in the surrounding open space, which included Montgomery Field and the open spaces surrounding I-15 (the Escondido Freeway). Another year, they raised kits under shipping containers, again, in the back lot of my previous employer. The following Photo is by John McCague.



I had asked for any sightings of foxes by Crest residents. Of those that my request reached, Chris Seebold came through. I got this from her about a year ago, but hadn't got around to it (this article) until now. Here's her account:

"... we have lived on the canyon rim overlooking Dehesa for over 20 years. Until about 6 or 7 years ago we had gray foxes on our property frequently.... They were wonderful to watch and interact with. They used to come up from the canyon below us in the evening right through our back yard... usually in pairs. One night my husband and I were sitting in a little spot down over the edge of the hill from our house where a previous owner had built a stone barbecue. We watched quietly as a pair of foxes came right up over the lip of the spot we were sitting, not 10 feet from us. We sat motionless as they paused for a moment, and then seeing we were no threat, they simply passed by us on their way up the hill to our back yard.

Another time, I was sitting on a boulder on the hillside eating my dinner of potatoes, onion, and eggs... A fox walked right underneath me, and paused, looking

up at me. For some unexplained reason, I threw him a bit of my food, and he snatched it right out of the air like a dog, and then walked along on his way.

Another time, my neighbor from across the road and I were talking in the early morning at the top of my driveway. We got quiet and still as we both noticed a fox with a rabbit hanging out of its mouth walking right up the road towards us. When he got close to us he turned and cut across the road through our property. The craziest of all was when we were sitting at a picnic table with another couple in our backyard. Our cat was lying in the grass. A fox walked right by the four of us, and the cat, without any hesitation or apparent fear. Our friend reached out his hand toward it like he thought he was going to pet it. It just kept on trotting by. We all just looked at each other and marveled. We had to check to see that we had indeed seen the same thing. The cat didn't even appear phased by it.

During this time there was an empty lot with scrub oak and native vegetation at the top of our street, (two doors up), and many times we would see baby foxes playing there and hunting rodents. There were other factors that made it a heavenly neighborhood for the foxes. Our neighbor across our road had an old wooden cabin behind their house that had been vacant for a few years, and the sub floor area was open. Two foxes had a den there and raised kits.

Across the road from that cabin a neighbor used to leave an egg out on his porch for the foxes to come eat in the evenings. My neighbor across the road tried it as well, and one of them came to her porch as well, and she was able to observe it eating. (Not a good idea if you raise chickens for their eggs. -ss)

Times change....my neighbors wanted to refurbish and rent the cabin, so when all the foxes were out one day, they boarded up the subfloor. The man who left an egg every evening moved, and the new people put a dog in their yard. The 'unbuildable' lot at the top of the hill was built on, and then there was the Cedar Fire. We have not seen them since.

That is the way it often is. When we moved onto this property in 87, we frequently saw many raccoons, and skunks as well as the foxes. Now we see more squirrels, so many so that it is almost impossible to grow any food. We also see lots of rabbits.

We did see bobcats twice after the Cedar Fire...



once in our courtyard. But that is a different story. (A story for another Critters article?). We share a love of all things wild.

And so do we Chris. Thank you for your story!

This photo is by "The Feidor's", Crest residents. This gray fox was photographed in their back yard. Great picture! Thank you to Linda Hjelle for passing it along to me.



# September – October @ Crest County Library

## Children's Programs

**Ros's Craft & Coloring Table.** Every Tuesday-all day!

**Kathy's Baby Storytime.** Wednesday, September 16 & Oct 21, 10:30 AM

**Kathy's Bilingual PJ Storytime.** Tuesday, September 29, 6:30 PM

**Kathy's PJ Storytime and Halloween Parade.** Tuesday, October 27, 6:30 PM

**Improve your Reading Skills.** Every Wednesday, 4:00 PM

**Sign up for the In-N-Out Burger Reading Program October 10!**



## Teen Programs

### Celebrate Teen Read Month

Join our "Reading for Chocolate" team in October. Complete 3 book review sheets and get a free candy bar!

"Make It and Take It Crafts" Every Friday 3:30 PM

Video game fun; PS3 or Wii. All Month!



## Adult Programs

**"Financial strategies for you"** Tuesday, October 6, 6:30 PM

- Crest Mystery Book Club- Friday 3:00 PM  
Harlan Coben's Gone For Good September 4  
& Linda Howard's Mr. Perfect October 2

- Club de Lectura 'Leyendo Juntos'-Viernes, 11 AM  
Por siempre jamás por Harlan Coben 4 de septiembre  
El Hombre Perfecto por Linda Howard 2 de octubre

- FREE BILINGUAL COMPUTER CLASSES  
Thursdays call Rosi for appointment  
Beginners 11:00 AM Intermediate 11:30 AM  
Clases de computación en español llame para hacer cita

### Saturday Family Crafters at 11:00 AM

Beginning Knitting -Tejiendo September 5 & October 3

Making Shrinky Dinks-Figuras de plástico September 12

Scrapbooking Fun- Hacer una hoja para tu álbum  
fotográfico September 19 & October 31

Ribbon Jewelry – Collares de listón October 10

Wire Sculptures-Escultura con alambre October 24

Make Pet Treats- Golosinas para tu mascota

September 26 – Register at information desk



## Celebrate Hispanic Heritage Month!

Enjoy a glimpse of the rich dance folk culture of Mexico

by the Gypsy Folk Ensemble!

**TUESDAY, SEPTEMBER 15, 6:30 PM**

SDCL Crest Branch  
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

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.

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

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

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

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

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

Sincerely, Karin Weiss  
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## **Pet Preparedness in the Event of a Disaster**

As fire season approaches, it is

important to look at all aspects of fire preparedness. For many, your pets are considered to be members of your family. This month, DisasterPrepped.com focuses on helping you prepare those pets for potential emergencies or disasters. First, the "PETS" preparedness section highlights many valuable tools and solutions at [www.disasterprepped.com/pets.php](http://www.disasterprepped.com/pets.php) .

Second, there are several articles now available at the website addressing the topic Disaster Preparedness for Pets" :

[www.disasterprepped.com/preparedness\\_pets.php](http://www.disasterprepped.com/preparedness_pets.php)

Disaster Tips for Reptiles and Amphibians"

[www.disasterprepped.com/reptiles.php](http://www.disasterprepped.com/reptiles.php) )

Disaster Preparedness for Horses" (New)

[www.disasterprepped.com/preparedness\\_horses.php](http://www.disasterprepped.com/preparedness_horses.php)

What's Best for My Pets? Deciding to Stay or Go"

[www.disasterprepped.com/pets\\_evacs.php](http://www.disasterprepped.com/pets_evacs.php)

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## **Timely TIP From SDG&E**

Watch SDG&E's new five-minute video on the safe use of portable electric generators at [www.sdge.com/firesafety](http://www.sdge.com/firesafety) . You can also order it as a free CD by calling 1-800-411-7343. Information can also be located at the SDG&E's website at:

<http://sdge.com/documents/forms/portablegenerators.pdf>

Remember:

- Generators that are installed incorrectly or misused can feed electricity back into power lines, endangering your life and the lives of SDG&E crews working to restore your power.
- Never plug a generator into any electric outlet in your home or business.
- Good ventilation is important. Generators produce carbon monoxide. Never operate in your home, garage, or enclosed building.
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- Carefully follow instructions on grounding the generator.
- The total electric load on the generator should never exceed the manufacture's rating.

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A Note from Paula Dickenson, Crime Prevention Specialist – Alpine Sheriff's Station

**VACATION CHECKS:**

If you are going away on vacation for less than 30 days, the Senior Volunteers can check on your home while you are away. Just come by the Alpine Sheriff's Station, fill out a form and away on vacation you go!

**CITIZEN ACADEMY OCT 09:**

Another Citizen's Academy has been planned. Saturday, Oct 10 and Saturday, Oct 17 2009. If interested, let me know and I will send you the applications. Space is limited, and will fill fast!

**VEHICLE SAFETY:**

It is easy to leave windows rolled down or slightly opened, items on the front or back seats. Remember, thief's look for opportunity. Keep your items safe, remove from the vehicle and secure those windows and doors!

**SUSPICIOUS ACTIVITY:**

Report it! 858 565-5200. Call us, we don't mind. Keep your community safe during these hot, long day. Remember three words: security, security, security!

**PERSONAL SAFETY:**

When unemployment is high, scams are in and around our community. Be wary of anyone coming to your door wanting to offer to paint your house, clean your yard, or selling things. Do not open a door or unlock a screen door for anyone you do not know. Say "no thank you" and leave it at that. I have had three people come to my front door at home doing exactly these things. Remember, scammers are out there! Until the next note or two. stay safe!

<b>Sheriff Log for Crest Area 06/26/09 – 08/11/09</b>				
<b>HC= Harbison Canyon</b>				<b>CR= Crest</b>
<b>Date</b>	<b>Loc</b>	<b>Time</b>	<b>Location</b>	<b>Incident</b>
07/04	CR	12:37	La Cresta Blvd	Domestic Violence Family Disturbance
07/09	HC	23:25	Harbison Canyon	Possess controlled substance
07/14	CR	12:48	La Crest Blvd	Grand Theft from Bldg.
07/22	CR	9:11	Jarrett Ln	Grant Theft
07/25	CR	11:08	Thornton Dr	Violate Domestic Violence Ct order
07/27	CR	9:20	Scenic Dr	Petty Theft
07/29	CR	15:03	Park Blvd	Theft by use of Credit card access
08/04	HC	10:30	Harbison Canyon	Warrant Arrest
08/09	CR	11:53	Estornino	Violation of restraining order

**Community Recovery Team  
1-888-450-8564**

The Community Recovery Team is an organization with a Mission to coordinate and provide emotional resources to help rebuild the homes and lives of families affected by disasters.

Linda Chase, one of Crest's greatest volunteers is involved with this wonderful organization and recently shared this website with me. "I know you have asked me many times what our recovery is about. Well now you can see for yourself. We now have a web site that you can visit and see the organization we have created to help the region in San Diego."

Check out this website. It provides excellent regional information and photos. If you are looking to volunteer or donate to a great cause, this is one to consider.

[www.communityrecoveryteam.org](http://www.communityrecoveryteam.org) . Check it out!

**Crest resident, Barbara Atkins is participating in the Susan G Koman Breast Cancer 3-Day walk in San Diego on November 20-22. The Breast Cancer 3-Day route covers approximately 15-22 miles each day for three days in a row, totaling approximately 60 miles. Barb raised \$2300 to participate in this walk. Support Barb in her effort by donating in her name to this worthwhile event. Click on <http://www.the3day.org>, highlight the Donate link and type in Barbara Atkins and donate to the walk on her behalf as a Crest resident.**

# Letters to the Crest Sun

I live on Eucalyptus, close to the horse park. With the hot weather, we keep our windows open to save on the electrical bill. I HAVE BEEN KEPT UP THROUGH THE NIGHTS WITH THIS BARKING DOG... I MEAN EVERY NIGHT! While I can't tell exactly where the dog is, I am going to be forced to locate this dog and call the authorities for disturbing the peace. It is difficult to believe that any neighbor would allow their dog to bark like it does **all night long**. It is obviously barking at all the varmints on the mountain and park (which are many). But we neighbors have jobs and need our sleep COME ON PEOPLE!

Theresa and Steve Johnson

## Next Crest Sun Deadline: October 20, 2009

### WISH TO ADVERTISE?

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\$15 – ¼ Page      \$5 – 1/8 Page

E-mail or call the editor for more information

[editor@thecrestsun.com](mailto:editor@thecrestsun.com) *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.*

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

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

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

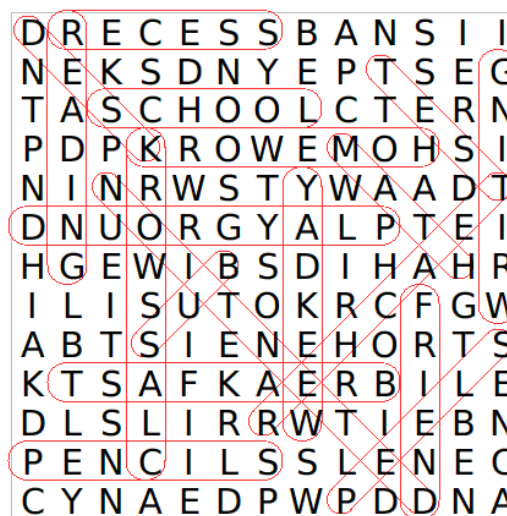
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**The Crest Sun is available at:** Crest Foods, Rainbow Market, Lenardo's Pizzeria, and Crest Library or online at [www.thecrestsun.com](http://www.thecrestsun.com).

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

## Answer to Word Search on page 25



breakfast  
bus  
classwork  
desk  
detention  
friend  
homework  
math  
pencils  
playground  
reading  
recess  
school  
sleep  
teacher  
test  
weekday  
writing

## Editor's Pick

### San Diego Restaurant Week Sept 13-18

One of the most popular food events in San Diego has more than 180 restaurants participating. Each will offer fixed price, three course meals for \$20, \$30 or \$40. This is the perfect time to scope out restaurants you've wanted to try. But restaurants will book up fast, so check out the Restaurant Week site and get going.

<http://www.sandiegorestaurantweek.com/>  
*We've tried this event the past couple years and was always delicious!*