



A Newsletter for Crest

Volume 12

September-October 2010

Number 5



**Crest Welcomes Mrs. Kehoe  
Crest School Principal**

The Crest School kids are back at school and we would like to welcome Crest School's new principal, Mrs. Maria Kehoe to "The Hill." Read page 18 for a note from Mrs. Kehoe as well as a calendar of events.

Since our last edition we celebrated another great July 4<sup>th</sup> event. Under the leadership of Paul Johnson, Kandhy Franklin, the CCA Board and many dedicated volunteers, the day was a resounding success. Thanks to each and every one you for all your hard work. Check out page 5 for photos and many more kudos.

Speaking of thanks, in this month's edition we are recognizing and thanking our advertisers for their support by printing their advertisements for free. We had built up a small reserve and felt our supporters needed a break! Without their advertisements and your donations we would not have the necessary funds to print the paper. So Crest residents ... help support our advertisers by utilizing their services!!



There is no shortage of activities coming up in the next couple months so get your calendars ready.

**Mark your calendars for October 14<sup>th</sup> for a "Meet the Candidates Wine and Cheese Get Together"** from 7-9 at the Clubhouse. Be informed. See page 12 for more information.



**Crest CCA is sponsoring a Craft Faire and Bake Sale on November 6<sup>th</sup> at the Clubhouse.** This is the perfect opportunity to get a start on your Christmas shopping. We also need some of you fine bakers to donate goodies for bake sale. See page for 8 for additional information on how

to do this. There are still a few slots left for vendor tables to sell at this event. Call Karen at 619-749-9180 for more information if interested.

Crestridge has two events planned this month. **October 2 is another great Native Plant Sale and November 6<sup>th</sup>, is the EDI's first fall fundraiser event.** See page 42 for more information.

The Crest Community Association will once again be serving their great monthly dinners on **September 8 and October 6<sup>th</sup>.** As an added bonus, the **October 6<sup>th</sup> dinner is a "stimulus" dinner which means Crest residents eat free.** Come on by for free hamburgers, hot dogs, veggie burgers and all the fixin's from 5-7 pm. "Off the Hill" guests are welcome to join in for our regular low prices. And, of course, CCA will always accept your donations if you twist their arm!

**Are you looking to clean up your property in preparation for the upcoming fire season?**

The Crest Fire Safe Council has been working with East County Transitional Living Center to help provide a cost effective solution. For more information, check out page 11.

The Kiwanis wants to invite the community to their monthly **breakfast buffets scheduled for September 25 and October 23<sup>rd</sup>.** The small donation asked for this great buffet breakfast supports projects in our own Crest community

Based on popular demand, we've scheduled another fun **Bunco night** at the CCA Clubhouse.

Mark your calendars for Friday, **September 17<sup>th</sup> from 6:30 – 9:30 p.m.** See page 2 for more details.



Finally, don't forget to check out page 2 for the **many events scheduled through out own Crest Library.**

## SEPTEMBER 2010

### Children's Programs

- ☺ Read to Bella, the Therapy Dog  
*Saturday, September 11 & 25, 1 PM*
- ☺ Kathy's Baby Storytime  
*Wednesday, September 15, 10:30 AM*
- ☺ Kathy's PJ Storytime & Craft  
*Tuesday, September 28, 6:30 PM*

### Teen Programs

- ☺ Make it and Take it Teen Crafts  
Fridays - free supplies provided
- ☺ Do you want to bring your family closer together? Try Wii & PS3 games!

### Saturday Family Crafts 11 AM

9/4 Shrinky Dink 9/11 Ribbon Jewelry  
9/18 Knitting 9/25 Scrapbooking

- ☺ Guide Dog for the blind program  
September 7, at 6:30 PM

### Adult Programs - Bilingual

- ☺ Free Computer Classes - Thursdays  
Basic 11 AM - Intermediate at 11:30 AM  
Call Rosi for appointment 619-442-7083  
Clases gratis de computación los jueves a las 11 AM
- ☺ Mystery Book Club Black Coffee by Agatha Christie *Friday, September 3, 3 PM*
- ☺ Club Leyendo Juntos-Café solo por Agatha Christie *Viernes, 3 de septiembre, 11AM*  
Unete a nuestro grupo por Internet  
<http://crestlibrarymysterybookclub.blogspot.com>



EL TESORO FOLKLÓRICO DE JAMUL  
TUESDAY, SEPTEMBER 14, 6:30 PM  
CHECK OUT OUR AMERICAN TOYS  
& MULA ART EXHIBITS!

## OCTOBER 2010

### Children's Programs

- ☺ Read to Bella, the Therapy Dog  
*Saturday, October 9 & 23, 1 PM*
- ☺ *BARK* presentation by Marlene  
*Tuesday, October 19, 6:30 PM*
- ☺ Kathy's Baby Storytime  
*Wednesday, October 20, 10:30 AM*
- ☺ PJ Storytime & Costume Parade  
*Tuesday, October 26, 6:30 PM*

### Teen Programs

- ☺ Make it and Take it Teen Crafts  
Fridays - free supplies provided
- ☺ Do you want to bring your family closer together? Try Wii & PS3 games!

### Saturday Family Crafts 11 AM

10/2 Scrapbooking -10/9 Make a CD clock  
10/16 & 23 Knitting -10/30 Scrapbooking

### Adult Programs - Bilingual

- ☺ Mystery Book Club Harm Done by Ruth Rendell - *Friday, October 1, 3PM*  
Join our book club by submitting your comments  
<http://crestlibrarymysterybookclub.blogspot.com>
- ☺ Club Leyendo Juntos El daño esta hecho de Ruth Rendell  
*Viernes, 1 de octubre, 11 AM*
- ☺ Free Computer Classes - Thursdays  
Basic 11 AM - Intermediate at 11:30 AM  
Call Rosi for appointment 619-442-7083



**DON'T MISS OUR  
"WHERE THE WILD  
THINGS ARE" EXHIBIT!**

## NOVEMBER 2010

### Children's Programs

- ☺ Read to Bella, the Therapy Dog  
*Saturday, November 13 & 27, 1 PM*
- ☺ Kathy's PJ Storytime & Craft  
*Tuesday, November 16, 6:30 PM*
- ☺ Kathy's Baby Storytime  
*Wednesday, November 17, 10:30 AM*

### Teen Programs

- ☺ Make it and Take it Teen Crafts Fridays  
free supplies provided.
- ☺ Do you want to bring your family closer together? Try Wii & PS3 games at the library!

### Saturday Family Crafts 11 AM

November 6 Soapmaking  
November 13 Ribbon Jewelry  
November 20 Soapmaking  
November 27 CD Clocks

### Adult Programs- Bilingual

- ☺ Club Leyendo Juntos La telaraña  
Johnathan Kellerman *Viernes, 5 de noviembre, 11 AM*  
*Participa uniéndote a nuestro blog*  
<http://crestlibrarymysterybookclub.blogspot.com>
- ☺ Mystery Book Club The Web by Johnathan Kellerman -*Friday, November 5, 3PM*
- ☺ Free Computer Classes -Thursdays  
Basic 11 AM - Intermediate at 11:30 AM  
Call Rosi for appointment 619-442-7083

Crest Library 105 Juanita Lane  
El Cajón, CA 92021 - <http://www.sdcl.org>

Tuesday	12:00 - 8:00
Wednesday	9:30 - 6:00
Thursday	9:30 - 6:00
Friday	9:30 - 5:00
Saturday	9:30 - 3:00
Sunday -Monday	CLOSED

**VIEW OUR "INSTRUMENTS OF THE  
WORLD" EXHIBIT!**

## CREST LIBRARY SCHEDULE – SEPTEMBER-NOVEMBER

## IT'S BUNCO TIME!!

### CCA BUNCO TOURNAMENT

Friday, September 17, 2010 - 6:30 - 9:30 pm

Cost \$15

(Covers fabulous prizes, soft drinks/water, rental)

**Bring an Appetizer or Dessert to share.**

### Note:

- Bunco requires absolutely no skill or knowledge of the game- it's just fun!
- Did you notice it does not say "Ladies Only"? Men, you, too, are invited!
- You may bring your own beverage if you prefer.
- Volunteers needed to help setup, cleanup

Please RSVP to [LindaHjelle@cox.net](mailto:LindaHjelle@cox.net) or leave a message on 619-517-9838 so we can tell how many tables to set up. Leave name, phone number and/or email address. The tournament will be closed at 32 players. Pay at the door!

# Crest Contacts

<b>Crest Community Contacts</b>		
Crest Community Assn. johnson7409@att.net	Paul Johnson (email)	442-4022
Crest Community Church crestchurch@sbcglobal.net	Kerri Lambert (email)	442-3736
Crest Black Board	Kandhy Kathy	444-4996 440-6097
Clubhouse Rentals rentals@thecrestsun.com	Rick Bradt (email)	444-2641 or 44-CREST
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	44-crest
Crest Garden Club <a href="mailto:Rold@sbcglobal.net">Rold@sbcglobal.net</a>	Arlene Palmer Marsha	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Linda Chase	447-2652
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> Information <a href="mailto:winters72@hotmail.com">winters72@hotmail.com</a>	Linda Hjelle (email)	440-8540 517-9838
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
Friends of Crest	Message	44-Crest 246-4300
St Louise Church	Father Languille	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783
<b>Help Lines</b>		
Highway Patrol: Traffic Related	(858)	637-3800
Abandon Vehicles	(619)	441-4264
Sheriff Alpine Station	Dispatch (858) (619)	565-5200 659-2600
San Miguel Fire Dst Crest Fire Office Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business Of.. Burn Permits Marsha Larsen Leonard Villarreal August Ghio (website)	670-0500 588-8112 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	(858)	694-2705
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547

FBI (telephone scam)	(858)	565-1255
Illegal Dumping	(858)	495-5143
Noise Abatement (dogs), abandoned vehicles, accumulated solid waste complaints	(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 - Pg 40	444-8132
Lenardos Pizzeria	Sam – Pg 33	444-1389
Rainbow Farms Mrkt	Mark –Pg 26	444-7504
<b>Advertisers</b>		
A Crest Plumbing	Erick- pg 17	590-2625
Bicycle Repair	Chuck pg 15	447-5133
Bowlby Electric	George pg 22	440-3051
Central Air & Heating	Charles pg 15	444-9955
Chocolate- Xocai	Pat – pg 35	442-4879
Century 21	Connie – pg 10	606-2400
Day Care	Griselda- pg 22	588-2747
E&L Mobile Repair	Eric - pg 38	654-3849
Kathy Kuts	Kathy – Pg 28	447-1945
Knox Reprographics	Mary Pg 42	230-6300
Mane Teaze Salon	Alpha pg 19-20	561-8014
Mila Miracle Seed	Barb pg 28	921-4442
Marvelous Organizing	Risa – pg 37	231-1113
Notary-on-the-Spot	Betty-pg 16	820-3062
Nu Skin (age-Loc)	Pat Goulart- 21	442-4879
PDS Propane	Jim pg 13	579-8600
PU Products	Karen pg 28	334-1913
Roger Daniel Alignment Breaks	Roger Pg 24	562-7969
Quilt Art	Peggy Pg 9	401-8428
Real Estate & Loans	Rayna –pg 6	922-2524
Sample Stitches	Judi – pg 24	440-5912
Thirty-One	Summer pg 30	623-0548
Yoga in Motion	Aida –pg 21	456-7080
Xango	Marie – pg 36	328-1157
<b>Other Services</b>		
Just Runs Jeep Club	Roger 24	579-7120
House for Rent	Joe- pg 15	579-8299

**Next Crest Sun Deadline: October 20**



SEPTEMBER 2010						
S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER 2010						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Calendar of Events September-October 2010

09/02/10	AM	Fill A Boot – MDA Campaign by SMFPD
09/07/10	1:00 Tuesday	Historical Society Meeting – Library
09/08/10	5-7 pm	<b>CCA Community Dinner</b>
09/04/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
09/13/10	10:00 - Mon	Crest Garden club – Judy Dunning Home - Call Arlene for Details 441-0187
09/13/10	7:00 pm	Sub Regional Planning Group – Harbison Canyon
09/14/10	5:45 – Tues	Crest Community Association – Board Meeting – Clubhouse
09/09/10	6:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
09/15/10		Crest School PTA Spaghetti dinner
09/17/10	6:30-9:30	<b>Bunco at the CCA Clubhouse</b>
09/20/10	6:00 pm – Mon	Kiwanis Meeting – Visitors Welcome – Location: Clubhouse
09/21/10	6:30 pm –Tues	Crest Community Association – General Meeting
09/24/10	Fri	Lunch on the Lawn with Mom and Dad – Crest School
09/25/10	8:30-10:30 Sat	Community Breakfast by Kiwanis at the Clubhouse
10/05/10	1:00 pm- Tues	Historical Society Mtg – Library
10/06/10	5-7:00 – Wed	CCA Dinner – Clubhouse – Stimulus Dinner – Free for Crest Residents
10/12/10	5:45 – Tues	CCA Board Meeting – Clubhouse – Board Meets
10/14/10	7-9 PM	Meet the Candidates Wine and Cheese Get Together (pg 12)
10/14/10	6:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
10/2/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
10/11/10	10:00 - Mon	Crest Garden Club – Home of Debbie Milligan - Call Arlene for Details 441-0187
10/11/10	7:00 pm Mon.	Sub Regional Planning Group – Harbison Canyon – Old Ironside Park
10/19/10	7:00 pm – Tue	CCA Meeting Clubhouse – General Meeting
10/20/10	5:00 pm	Deadline for Crest Sun Submissions
10/18/10	6:00 pm – Mon	Kiwanis General Meeting – visitors welcome – location: Clubhouse
10/23/10	8:30-10:30	Community Breakfast by Kiwanis at the Clubhouse
10/2/10	7:30-12:30	EDI Plant Sale
11/06/10		CCA Craft Show
11/06/10		EDI Fundraiser Event
10/30/10	7:30 – Sat	Halloween Carnival – Crest School
<b>Deadlines for Share Program (See page 27 for order and pick up dates)</b>		
Pick up and Delivery – Crest Community Church		

# July 4th Festivities - A big 'Ole Thank You...

## Thanks to.....

Everyone who was a part, large or small of this year's 4<sup>th</sup> of July! I know we will most likely leave off many volunteer's names that made this event a resounding success so THANK YOU VERY MUCH!!

With our theme this year of: "Celebrating Crest's Living History" we were able to have some great Grand Marshalls. We would like to thank Carl Atkins who invited his friends of the Antique Car group with their amazing cars that escorted our Grand Marshalls: Dan Wilson, Virginia Forthun, Dorothy Miller. The parade was terrific as always. Thanks to all who participated. Thanks to Tony Atkins and his crew for managing the road closures and signs.

Did you hear that our very own CCA First Lady, Jeanne Johnson stepped in at the last minute to lead us in the Star Spangled Banner? Great job Jeanne!

Thanks to Jeff Stenmo and his fiancée Debbie, as well as Rick Bradt, for helping to manage the parade and make sure all the groups and animals were organized..

Whenever the 4<sup>th</sup> lands on a Sunday, we are able to get groups that are usually in the Coronado Parade. This year we had the Winchester Widows as well as folks from the Antique Tractor Association. We also had a rider from our own motorcycle club, Stray Dogs. Having entries grouped together made it easier for our first time judges, Cal-Fire, and Crest fire fighters. Our fire fighters led the parade and threw goodies for the parade-watchers. Thanks also to their paramedic team who stayed at the park to ensure the safety of the event. We also had an ambulance for the first time, thanks to San Miguel.

## THANKS TO PAUL JOHNSON & KANDHY FRANKLIN CO-CHAIRPERSONS OF THIS FABULOUS EVENT!!!!

It was great to have the food back in the park this year. The Kiwanis and St Louise provided yummy food while the Boy Scouts sold root beer floats and pop corn. Crest Fire Safe Council served cotton candy and sno-cones.

Our newly constructed food booths were made by our very own, Paul Johnson, CCA President with the assistance of Kerri Rowe... Thanks for all your help Kerri. He constructed them in such a way that they can be used repeatedly. We just have to find a way to store all the pieces, which leads the way for a Crest Construction Committee. Interested? Leave a message at 44-Crest.

Thanks to our vendors who participated this year. There were great items for sale as well as informative booths providing good information to our community.

The Historical Society had lots to share, and Dorothy Miller was there to explain it all. An addition to the Historical Society table was a showing of the 1930's artwork by local artist, Florence McCune. Thanks to Bonnie and Glen Weischedel for graciously sharing their collection.

Our Silent Auction went really well, thanks to Jeanne Johnson and crew and all of the Crest Groups and individuals who provided those super baskets.

The music this year was provided by DJ, David Sogliuzzo. Thanks to the kind Crest resident who donated the stage for the day.

**Our 2010 Parade Winners** - Sweepstakes trophy went to Cathy Kolbenschlager with her decorated jeep. Best Non-Motorized went to Terri & Penny, with Jimmy & Rose in Second, and 3<sup>rd</sup> went to Ryan Brooks and his bicycle. Best Golf Cart went to Gilbert Masteri, and 2<sup>nd</sup> went to The Freedom Mobile. Best Horse group went to Bella and Eli, Cody and Lindi were second. Most Patriotic was Gil Masteri, Best Group was PDS, and Winchester Widows. Best Float was Ron Heilig, and 2<sup>nd</sup> went to Larry Witt Best Jeep went to Phillips Family & the McKinney Family (it appears we had two first place awards), 2<sup>nd</sup> to Jon Taff, and 3<sup>rd</sup> went to Blu Black. Best Individual went to Sandy Draper on "Indy". Thanks to the street parade watcher, the vendors, the scouts for picking up trash, and everyone who made an effort to be a part of our historical day. As always with an event such as this, there are always things to work on and I welcome your suggestions.





# REAL ESTATE & LOANS

NOW IS THE TIME TO REFINANCE- INTEREST RATES ARE STILL  
AT HISTORICAL LOWS- DON'T MISS THE RATE~

## EXPERIENCED SHORTSALE SPECIALIST

FHA AND VA LOANS AVAILABLE

*WE DO REAL ESTATE & LOANS WHICH WILL MAKE  
YOUR BIG PURCHASE MUCH EASIER  
INTERVIEW ME FOR YOUR NEXT DEAL!*

CALL OR EMAIL FOR LISTINGS-619-922-2524 cell

Visit my website for listings, loan payment calculators, mortgage information  
foreclosures, buying and selling tips and much

[www.raynamack.com](http://www.raynamack.com) rayna@raynamack.com



~REALTOR, LOAN CONSULTANT, NOTARY PUBLIC

## **MY RECENT SALES, LISTINGS & ESCROWS IN CREST~**

230 HOLLY ROAD - SOLD BY RAYNA MACK  
15183 PICTURESQUE PL- IN ESCROW BY RAYNA MACK BUYER  
210 SAGE RD – BOUGHT BY RAYNA MACK BUYER  
429 WEST LANE- IN ESCROW – RAYNA MACK BUYER  
2103 SUNCREST BLVD- SOLD AND BOUGHT BY RAYNA MACK BUYER/SELLER  
345 ALTA LANE~ SOLD BY RAYNA MACK BUYER  
1092 LACRESTA BLVD~ SOLD AND BOUGHT BY RAYNA MACK BUYER/SELLER  
417 WEST LANE – LISTED BY RAYNA MACK

# Crest Community Association

## Community Update:

By Kandhy Franklin & CCA

### Accidents on the Hill

After the last accidents on the hill, it might be helpful if you know about the following information: If there is an accident, a stalled car, an agency working on the road please flash your lights to the on-coming traffic. This means to slow down and be careful ahead. We have so many twists and turns, it is a good idea to give as much warning as possible.

### Speed Limit Sign

The sub-regional board discussed the proposals of the traffic division and the communities' comments regarding the signage at the top of the grade (La Cresta). It was resolved that there needed to be another sign to indicate the 30 mile per hour zone, and to move the 30 MPH warning sign further down the hill to give motorists ample time to slow down. It was also suggested that Maryanne Vancio of County Parks be involved in a conversation to look into a horse crosswalk at the top of the hill. This would be used for both pedestrians and horses.

### SDG&E Helping to Fix Siren

A community siren was installed after the 2003 fires to alert residents in the event of an emergency. Unfortunately, it was found that pole was not tall enough to transmit the warning effectively throughout the community. SDG&E has found a taller pole to replace the existing pole and has volunteered to help us installed it the first week of September.

The next step will be to test the siren. **We will be testing the new siren soon and need your help.** The testing will check for the effectiveness of the new heightened pole as well as looking into the amount of electricity that the siren needs (It may need a booster.) You will be notified when the tests are about to take place by email, one call now and the message board. You can help by calling 44-Crest after the test, giving us your address and letting us know you heard the siren. This will help us to establish the area the siren covers.

### Follow up information regarding Padre Dam discussed at the July 20<sup>th</sup> Town Hall Meeting:

A San Diego judge has ruled against Padre Dam to protect Native American remains at a proposed water project site in Lakeside, granting an injunction requested by the State Native American Heritage Commission. For more information, go to:

[http://www.padredam.org/PDFs/June18\\_Statement.pdf](http://www.padredam.org/PDFs/June18_Statement.pdf)

### Emergency Communications Equipment to be installed in the Clubhouse.

Crest Fire Safe Council (CFSC) has been working with the CCA to install ham radio equipment to serve as an emergency communication station at the clubhouse. Through a grant, CFSC will also be purchasing hand units (FRS) units for the community. These FRS units will be used in the event of an emergency and also be utilized during the July 4th event.

### Volunteers Needed to Help with Construction Projects at the Clubhouse.

The CCA needs some community assistance to make improvements to the clubhouse and we are hoping you will volunteer. Our projects include:

- Help to construct a shed to house our tables and chairs (this is to make room for our emergency equipment)
- Move a planter and the gate in the rear area of the clubhouse.
- A carpenter is also needed to construct a cabinet to house the communication radio.

If you could help on this committee, please call 44-CREST and leave your name and number. This would entail volunteering a Saturday or Sunday a month for a few hours.

### Thanks to Kyle Goldberg

The CCA would like to thank Kyle Goldberg and friends for helping to improve the CCA Clubhouse. As part of his Eagle Scout project, Kyle and friends from his local troop #332 refurbished the benches at the clubhouse. They also organized and built shelves in the clubhouse shed and ran electrical to the shed and installed lighting. They also installed new door closers on the entry doors. Finally, they helped out with yard maintenance. Kiwanis furnished breakfast for these hard-working guys. Thank you so much from the community!



## More CCA News...

### **Your Donation of Baked Goods is Requested**



**The Crest Community Association is sponsoring a Craft Fair and Bake Sale on November 6, 2010 at the community clubhouse. This is a fund raiser for the CCA. Would you help us out by donating a baked good or candy? (Or several items!) Please, everything should be made from scratch – no mixes or “store bought” items.**

**Just cover your items in clear plastic wrap. The cashiers will label and price them. Drop them off at the clubhouse between 9 am and 12 pm on Saturday, November 6<sup>th</sup>. Plan to stay and do some holiday shopping from fantastic one-of-a kind crafters.**

**Questions? Call Susan at 588-1335.**

### **Minutes from the CCA July 20<sup>th</sup> Town Hall Meeting**

Officers present: Paul Johnson, Susan Lee Cooke, Rick Bradt. Cathy Kolbenschlager was injured and is excused. Tony Atkins was absent for unknown reasons.

Minutes from the June meeting were not available for distribution as the photocopier was not working properly. Rick Bradt made a motion that they be accepted as submitted by the secretary to the president. Paul Johnson seconded the motion. The motion carried.

The treasurer's report was not available as the treasurer was ill.

The president made an announcement of the upcoming events.

#### Open Forum:

- Kandhy Franklin-Collins announced that she received approval from the CCA Board of Directors for an amateur ham radio in the clubhouse. She needs volunteers for the construction of a cabinet to house the equipment.
- Kandhy met with a sign company and county officials regarding equestrian signs at the top of the hills. She apprised us of the options available.
- Kandhy informed us of a practice drill to take place in Crest in October, sponsored by Crest CERT. Volunteers are needed to participate. Also, our

emergency siren should be raised in height in approximately two weeks. This should allow the siren to be heard for a greater distance in the community.

- Kandhy, our long-term chairperson of the Crest July 4<sup>th</sup> festivities, thanked those who participated in the success of this year's celebration. CCA President Paul Johnson echoed her thanks.
- Pat Bunsold asked what we can do to increase guard rails along LaCresta Road. Paul Johnson has been in contact with county officials. He discussed options that have been presented. It may be some time before changes are made. One resident opposes a flashing speed sign as it would disturb the tranquil setting of Crest.
- PADRE DAM: Mike Uhrhammer, Communications Director, displayed a map demonstrating the water lines in our area. He explained the importance of a secondary system during emergency conditions. Alpine's growth is anticipated to reach a population of 24,000; other areas will swell in population, also. Consequently, water needs will increase. California Environmental Quality Act, CEQA, requires several steps before development. A 2 ½ acre property was purchased from a private seller. Native American artifacts were discovered during Step 2. No human remains were included. Fourteen fingernail-sized bones and other insignificant remains were uncovered. Permission by the Native American Heritage Commission was given to begin construction. A ceremony by the Native American community blessed the site in November, 2009. In February, dissension began. Construction halted. The court interceded, and the land was declared a sacred burial site. \$150,000 is being lost each month in construction costs. Go to Padre Dam website [padredam.org](http://padredam.org) for a more detailed report of the lawsuit and suggestions as to what individual water customers can do to assist Padre Dam Municipal Water District.
- SAN MIGUEL FIRE DISTRICT: Fire Chief August Ghio stressed the importance of “defensible space” around properties, especially with fire season approaching. He also shared a long list of accomplishments that the department has made in training its firefighters. He complimented residents for their responsible attitudes toward fire safe measures and acting upon the advice in the “Before the Threat” information that was distributed door to door in the community.
- ENVIRONMENTAL LAND MANAGEMENT: Johnny Gonzalez (The Goat Man) and Kandhy Franklin-Collins updated us on the progress that has been made during the many, many months that the goats have been working on the Crest hillsides. They now feel that our community is safer for this effort. They discussed some of the politics that have been involved with this project and invited feedback.

The meeting adjourned at 8:56 p.m.

Respectfully submitted, Susan Lee Cooke, Secretary



## We Will Miss You Kathy

We are all sorry to hear that Kathy Fiedor will be leaving the Crest Library at the end of August. Kathy started at the library in 2003, where she first worked as volunteer for Elisa James. She then substituted and was made a permanent employee for 5 years working with Betty Lucas, Jeanie Sheridan and Rosi Mejia. Kathy was responsible for the monthly PJ Storytimes and Baby Storytimes and initiated (with the help of Dr. Jacquez and Claudia Garber) the semi-monthly Crest School class visits for story and library time.



The good news is that Kathy looks forward to more free time and traveling. She can't wait to visit and explore all those states she has not yet seen not to mention the rest of the world! Kathy says "I will truly miss the library and most especially the patrons and all the wonderful and sweet children." We will truly miss your sweet face at the Library, Kathy!

### KIWANIS BREAKFAST BUFFET

SATURDAY, SEPTEMBER 25 & OCTOBER 23  
CREST CLUBHOUSE

EGG DISHES, SAUSAGE, FRENCH TOAST  
PANCAKES, HASH BROWNS  
FRESH FRUIT SALAD, JUICES  
COFFEE, TEA, COCOA

\$5 DONATION

PROCEEDS BENEFIT  
CHILDREN'S PROGRAMS & SCHOLARSHIPS



## Quilt Arte

Professional Quilting by Peggy Caballero

- Beautiful Quality workmanship on Longarm quilting machine.
- Reasonable Rates
- 11 years experience.



Check out some of my work in Spanish Village Art Center, studio 34A, Located in beautiful Balboa Park.

619.401.8428  
cell 619.733.7162

[www.zhibit.org/quiltarte](http://www.zhibit.org/quiltarte)



# Connie Gipson

**Selling Crest and other San Diego area  
Properties for 26 years  
Cell: (619) 606-2400**



Each office is independently owned and operated

5640 Baltimore Drive  
La Mesa, CA 91942

## *Crest Real Estate Update*



### *Residential*

#### **Recently Sold**

2115 Eucalyptus Drive	\$190,000
336 Lilac Drive	\$220,000
2103 Suncrest Blvd.	\$220,000
1822 Alta Place	\$266,000
487 Alta Lane	\$280,000
2400 Eucalyptus Drive	\$285,000
429 West Lane	\$289,000
140 Sierra Vista Drive	\$305,000
180 Sierra Vista Drive	\$350,000
230 Holly Road	\$385,000
228 Sage Road	\$449,000
2706 Suncrest Blvd.	\$465,000
267 Sunnybrook Lane	\$495,000
596 La Cresta Blvd.	\$527,000
296 Chicory Lane	\$615,000
811 Mountain View Place	\$616,000
1661 Vista De Montemar	\$715,000

### *Vacant Land*

#### **Recently Sold**

210 Sage Road	\$145,000
---------------	-----------

**Data from Sandicor, Inc. and the San Diego Recorder's Office effective August 15, 2010 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.**

**Thinking of buying or selling?  
Do you have questions about the current Real Estate market?  
Call me!**

**Connie Gipson  
Century 21 Award  
(619) 606-2400**

**E-mail: [csgipson@sbcglobal.net](mailto:csgipson@sbcglobal.net)  
California Real Estate License # 00862838  
Licensed since 1984**

Crest Fire Safe Council  
384 Paloma Lane,  
Crest, CA 92021-4240



Dear Residents,

With the upcoming fire season, it has come to the attention of CFSC that many of our residents need assistance to clean up their property. Folks are looking for a cost effective solution to achieve this goal. After researching this issue Crest Fire Safe Council (CFSC) has teamed up with East County Transitional Living Center (ECTLC) to provide a clean-up, chipping and hand crew service to those trying to create defensible space on their property. ECTLC is a faith based 501(c)3 organization that provides supervised jobs/service training in construction, landscaping and plumbing at very reasonable prices. If you are elderly and on a fixed income or are dealing with financial difficulties, ECTLC will work with your situation. ECTLC does not receive public funding and relies on projects to support their organization. This partnership can be a win-win situation for our community and ECTLC.

ECTLC offers the following services:

- Brush clearing
- Tree removal and trimming
- Chipping
- Landscaping
- Light tractor work
  - front end loader
  - backhoe
  - brush hog

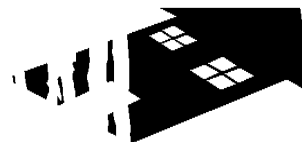
Please call Jonathon Heuberger, project manager to obtain specific pricing, schedule an appointment for an estimate, or to answer additional question.. His number is 619-415-1681, call today!

For more information on this program, please contact either Kandhy Franklin at 619-444-4996, or email; [crestfiresafecouncil@yahoo.com](mailto:crestfiresafecouncil@yahoo.com), [kandhyfranklin@cox.net](mailto:kandhyfranklin@cox.net), or Faith Berry at 509-939-3251 or email at [bearlady43@yahoo.com](mailto:bearlady43@yahoo.com).

Please leave your name, address, phone number, and email address.

Sincerely,  
Kandhy Franklin Facilitator Crest Fire Safe Council  
Faith Berry co-facilitator Crest Fire Safe Council

EAST COUNTY TRANSITIONAL LIVING CENTER



[25% discount for residents calling for an appointment for the month of September!!](#)



**MEET THE CANDIDATE NIGHT**  
**Wine and Cheese Evening 7-9 pm**  
**Thursday October 14<sup>th</sup>**  
**Crest Community Clubhouse**  
**113 N. Park Drive, El Cajon/Crest**



The Crest Community Association is hosting an Evening with the Candidates on Thursday October 14th at the Crest Community Center located at 113 North Park Drive in Crest. The event will give you an opportunity to meet face to face many area candidates in a casual atmosphere.

This, our third event has been found to be a very successful way of meeting the candidates and letting them hear concerns from Crest residents.



Please mark your calendars and come be a part of this evening. If you have any time to volunteer for the evening, please call 44-CREST to let us know of your availability.

Thank you,  
Crest Community Association



**REMINDER – FIRE SEASON IS HERE!**

Have you signed up for the **Crest Emergency One Call Now Service?** It's Free. - When the Crest Fire Safe Council puts out an all call, we can reach your home, cell phone, and work phone in less than 10 minutes, but we can't do it if you haven't signed up or haven't updated your numbers. Call 444-4996 and leave your name and phone number(s) or better yet, email it to: [KandhyFranklin@cox.net](mailto:KandhyFranklin@cox.net) (you may leave up to 3 numbers).

Also, leave your email address and we can notify you of community information and announcements.

Another great source of East County Information is: Viejas Wildfire Alert, a feature of the East County Magazine - <http://www.eastcountymagazine.org>

Don't forget to tell your neighbors of this communication tool!



Best Service. Best Price.  
**Best Service. Best Price.**

Small company personalized service.  
We want to be your propane company  
Call today! 619-579-8600

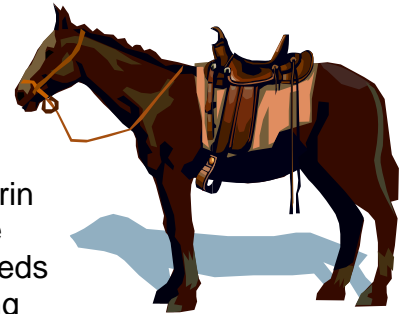


**PDS PROPANE DELIVERY SERVICE**  
**619-579-8600**

# E-Crest-Rians



Welcome to FALL! E-Crest-Rians are a group of unidentified riders who live in Crest. So far, we aren't having meetings, memberships, or participating in any activities of any organizations. We think the name is clever and want to keep using it for the horse people of Crest. I know there are folks out there who do want to go off the hill and try something new! Karin Weiss, our webmaster at [www.thecrestsun.com](http://www.thecrestsun.com) keeps a corner for all of the information that is sent in. Crest does have an arena for all to use, but it needs some help. If you live in the area, could you help with the railing that is being pushed over, and maybe do some fixing of the gate? There is an open calendar for us to plan something, so let me know and I will put it out to all to come and participate. Thank you, Kandhy Franklin, 619-444-4996.



## Crime Log in Crest Area

CR = Crest

Date	Loc	Street/Block	Incident
6/19	CR	1000 Bl Old Mt View	Petty Theft from Vehl
6/21	CR	1300 Gibson Highland	Vehl Burglary
7/19	CR	2000 Bl Crest Blvd	Simple Battery
7/20	CR	200 Bl Lilac	Vehicle theft
8/10	CR	200 Bl Rosalie	Indecent Exposure
8/12	CR	200 Bl Scenic Dr	Burglary (residence)
Info obtained from <a href="http://www.crimemapping.com">www.crimemapping.com</a>			

### A Note from Alpine Sheriffs:

On behalf of Alpine Sheriff's Station, Lt. McCalla and the Alpine Detectives and Deputies we want to thank our Alpine Community Network and the Blossom Valley Network! You did it! You helped us catch persons and vehicle that was put out on the Alpine and Blossom Valley Network! This is as of 11:30 am TODAY! This vehicle was located within your Networks. So add a BIG POST! Your partnership did it! Check out the bulletin on the Alpine Community Network with the description of the truck and info on the 459 (home burglaries). Check out [www.AlpineCommunityNetwork.com](http://www.AlpineCommunityNetwork.com) for more details! [Paula.Dickenson@sdsheiff.org](mailto:Paula.Dickenson@sdsheiff.org) 619-659-2608

## The Crest Garden Club

The August Garden Club meeting was held August 9th at the clubhouse for their summer potluck meeting. Garden teacher, landscape designer and consultant, and club member, Connie Beck, provided a great presentations on hillside landscaping options. The next Garden Club meeting will be held on Monday, September 13<sup>th</sup> @ 10:00 at Judy Dunning's home. The October meeting will be held on October 11 @ 10:00 at the home of Debbie Milligan. For information regarding the Garden Club, call Arlene Palmer at 441-0187 or email: [Marsha.Rold@sbcglobal.net](mailto:Marsha.Rold@sbcglobal.net).







**Bicycle Repairs**  
25 Years Bike Shop  
Experience as a Mechanic

Call Chuck 447-5133

**Air Conditioner for Sale**

Hampton Bay, 12,000 BTU wall/window  
air conditioner

Brand new, never removed from the box.  
Purchased at Home Depot.

**\$325.**

Call Pat at (T) (619) 442-4879

**CREST HOUSE FOR RENT**

- \$950.00 plus ½ utilities
- 1 bedroom 950 sq ft. fenced yard
- 1 small pet ok with x-tra deposit
- Laundry hook ups
- close to elementary school, library, church,
- Charge for credit check

Available September 1st - Call for more information

Call 619-579-8299



**San Miguel Fire Protection  
District Board Candidates**

On this November ballot there are 8 people running for the 3 board seats of San Miguel Fire District. Kandhy Franklin of Crest, past East County Fire Board member is running along with Jim Custeau, and Jeff Nelson. These three are being supported by the Fire Fighters of San Miguel. Meet them at the October 14th Wine & Cheese event from 7-9 PM

**Websites to Check Out..**

[www.2Leep.com](http://www.2Leep.com) - This site is Addictive with a capital "A". 2Leep stands out because it is a hub of thousands of fascinating blogs and photo collections from around the world.

**California Fairs and festivals:**

[www.californiaFestivalguide.com](http://www.californiaFestivalguide.com) – Listing of upcoming events throughout CA – Search by Name dates, or proximity to a zipcode

[www.Festivalfinder.com](http://www.Festivalfinder.com) – the site where you'll discover the latest details on more than 2,500 music festivals in North America. Search by your favorite genre or use the Find By feature to locate festivals by date, location or name.

## Griselda's Corner

### The Power of Saying "I'M SORRY"

High School Reunions Are Fun. Aren't they? Last month I went to my 42nd high school reunion. It was a happy, joyous occasion; some people you remember, some you don't. You know you have seen those eyes before except the name of the person they belong to eludes you.

I know I had seen her before, she seemed familiar; someone I had spoken to before so long ago. She went by me without saying a word; she sat in front across from me completely ignoring me. When the program was over, without planning it, we met in the front lobby. As she pointed to her name tag, she said "Look I'm....., we graduated together."

I recognized the name and said hi. She then said, "You are the one that hit my shin when we were playing field hockey." She was bending down lifting her pant leg to show me the scar she had carried all these years. She continued by saying "I even think you broke my bone or chipped it." Not remembering the incident, I asked, "Was I that aggressive?" Did anything happen to me? Did you report me with the P.E. teacher? "Yes, I did go to the teacher, she said to go back out and continue playing. She knew how much I hated the game and thought I was faking it. No, she did not call you in, you were "Gracie". With a contrite heart and voice I said "I'm sooo sorry, C...., I really don't remember." She looked up kind of embarrassed and said, "Don't worry, I'm okay. now." Just like that!!! Her whole demeanor changed. Astonished I heard her say "Let's take our picture together" She asked someone passing by to do so. That is the only picture taken of me that reunion day. Our face expressions said it all. Forgive and Forgiven, a balm to the soul. The Power of Saying I'm Sorry.

**NEED A NOTARY PUBLIC?  
NOTARY ON THE SPOT  
CALL  
BETTY JARDIN  
619 820-3062**

**TRAVELING NOTARY AND  
LOAN DOCUMENT SPECIALIST  
LOCATED IN CREST**



**A Notary isn't something you need  
everyday, but when the need arises,  
I'll be there on the dot!**



**Congratulations Mary and Don McCellan.  
Thanks for inviting Crest to your 50<sup>th</sup>  
anniversary party.**

## **Do You Have a Graduation, Birthday Party, Retirement or Wedding Celebration in your Future?**

Rent the CCA Clubhouse. Go to [www.thecrestsun.com/rent\\_the\\_clubhouse.htm](http://www.thecrestsun.com/rent_the_clubhouse.htm) for more information on renting our beautiful clubhouse:

Call Rick at 444-2651 or email: [rental@thecrestsun.com](mailto:rental@thecrestsun.com).



.....And don't forget to join the CCA and support your community.

## **A CREST PLUMBING DRAIN CLEANING**

LIC # 0010096/ INSURED

\*\*\*\*\*CALL FOR FREE ESTIMATES\*\*\*\*\*

### **~JULY AND AUGUST PLUMBING~ ~SPECIALS~**

*2 BATHROOM SINKS/2 BATHTUBS/MAINLINE/LAUNDRY LINE/KITCHEN  
SINK DRAIN LINES ALL CLEARED FOR \$250.00  
FAUCET INSTALLATIONS \$125.00*

**DRAIN CLEANING \*\*HOUSE PACKAGES AVAILABLE\*\*  
\*\*GO GREEN, STOP BUYING BOTTLED WATER TRY- REVERSE OSMOSIS-  
BATHTUBS, PEDESTAL SINKS, VANITY KITS, DISHWASHERS  
COPPER REPAIR SPECIALIST, WATERHEATERS  
NEW FAUCETS & TOILETS,**

**619-590-2625**



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

**\*\*Thank you Crest Residents for 12yrs of your continued support!\*\***

**CREST RESIDENT 13 YEARS  
ERIC MACK 619-590-2625**

**\*\*SENIOR & MILITARY DISCOUNTS+  
\*\*CREST RESIDENT DISCOUNT\*\*  
Not a "California state" licensed Contractor**



# Crest School

By Linda Hjelle



**Meet Crest School's new principal!** We would like to welcome Mrs. Maria Kehoe to the Crest Community. Employed by Cajon Valley District for 17 years, Mrs Kehoe started in the Cajon Valley School District as a 6<sup>th</sup> grade math and science teacher at Emerald Middle School. She was an assistant principal at Emerald School and nine years ago received her first principal position at Greenfield Middle School. She later moved to Rancho SD Elementary School and now is excited to be assigned to Crest School.

Mrs. Kehoe will be overseeing the District's two smallest elementary schools: Crest and Rios. Mrs Kehoe explained, "I feel so blessed to be involved with a small, active community like Crest. There is such a positive atmosphere here, the children are welcoming and the parents appear so energized. I am happy to be following Dr Jacquez;, he is such a child centered principal." She was amazed the other day when she pulled into the parking lot and saw Mrs. Garber walking to school on the pathway between the school and the church with her backpack over her shoulder. "How cool is that," she explained, "I had to drive to work on the freeway and Mrs. Garber was able to walk to work!" Only in Crest.

The exciting news is that Crest's enrollment has increased to 130 kids this year! And...after observing a few of our Crest parents, it appears there are more "kidletts" on the way!

Mrs. Kehoe would like to ask parents to mark their calendars for the following school events:

Wednesday, September 15	PTA Spaghetti dinner
Friday, September 24	Lunch on the Lawn
October 30 <sup>th</sup> 7:30 pm	Halloween Carnival.

Watch for additional information regarding times and specifics..

## 2010-2011 School Year Calendars for Cajon Valley\* and Grossmont Districts \*Corrected dates

### *Cajon Valley Union School District*

#### *Crest School & Los Coches Creek School Schedule 2010-2011*

##### **2010-2011 Schedule**

08/16/10	School Opens to Public	01/17/11	Martin Luther King Holiday
08/23/10	First Day of School	02/14/11	President's Day (Lincoln)
09/06/10	Labor Day	02/21/11	President's Day (Washington)
11/11/10	Veterans Day	04/11-4/22	Spring Break
11/22-11/26	Thanksgiving Holidays	05/30/11	Memorial Day
12/20-01/07	Winter Break	*06/16/11	Last Day of School

### *Grossmont Union High School District*

#### *Granite Hills Holiday Schedule 2010-2011*

##### **2010-2011 Schedule**

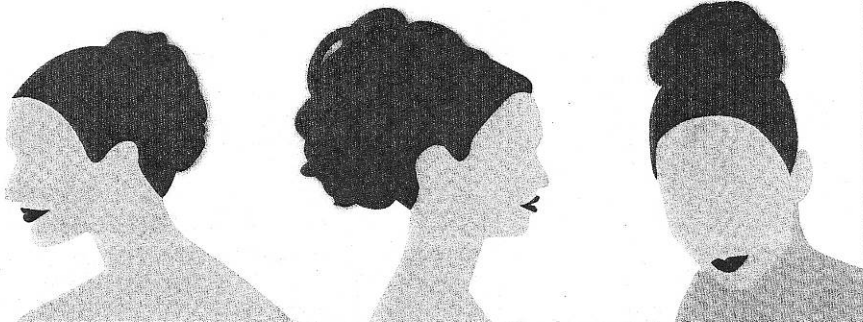
09/07/10	First Day of School	02/07/11	President's Day (Lincoln)
11/11-12	Veterans Day	02/21/11	President's Day (Washington)
11/22-11/26	Thanksgiving Holiday	04/18-22	Spring Break
12/20 – 12-31	Winter Break	05/30/11	Memorial Day
01/17/11	Martin Luther King Holiday	06/22/11	Last Day of School

*Up-do specialist*

Weddings , Winter formal, Prom, Any special occasion

*Mane TeaZe*

619-561-8014



**Mane TeaZe**

13330 hwy 8 bus lakeside 92040

20% off 1st  
time client  
with postcard



**ALPHIA**

HAIR DESIGNER/OWNER

**COLOR SPECIALIST**

HIGH QUALITY EXTENSIONS

MANE TEAZE SALON

FULL SERVICE SALON

13330 HWY 8 BUS

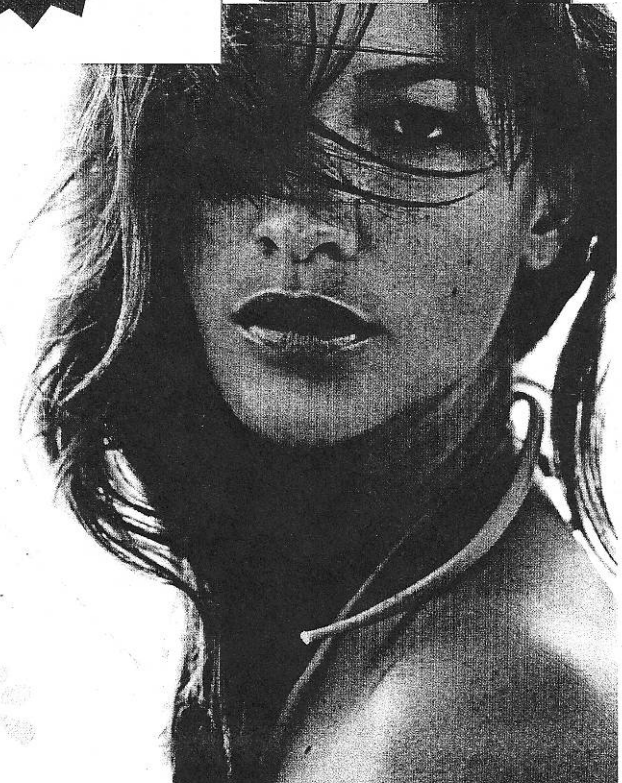
LAKESIDE, CA 92040

(619) 561-8014

(619) 249-3788

MANEEVENT@COX.NET

**brazilian  
blowout**



The **ONLY** Professional Smoothing Treatment that improves the health of the hair.

**FACIALS**

**Signature European Facial** 60 min. \$55.00  
This customized treatment uses the benefits of certified organic products providing undeniable results.

**Pumpkin Enzyme Facial/Peel** 60 min. \$75.00

A phenomenal facial with the ability to transform your skin. This peel is 100% natural fruit acid formula from nutrient-rich pumpkin.

**Glycolic Facial** 60 min. \$75.00  
This facial is focused on re-texturizing sun-damaged, mature, dehydrated skin with the aid of botanical extracts and alpha-hydroxy acids.

**Stress Recovery Facial** 90min. \$75.00  
This facial combines the signature European Facial with additional arm, foot, and hand massage. The facials include steam, extractions, hot towels, mask and face, neck, & shoulder massage

**Mint Facial** \$35.00  
This facial is perfect before a party, quick pick-me up.

**BODY TREATMENTS**

**Purifying back treatment** 60 min. \$55.00  
A wonderfully relaxing treatment that is like a facial for the back.

**Relaxing Body Exfoliation** \$75.00  
This invigorating treatment polishes away dry skin while hydrating and softening, leaving your skin polished to perfection.

**Slimming Body Wrap** \$75.00  
This slimming detox body mask increases metabolism, facilitates the release of excess water and flushed toxins from the body. The perfect complement for any weight-loss/detox program.

**Detox Ionic Foot Bath Series of 3** \$40.00 \$105.00

**MASSAGE**

Swedish 30 min. \$35.00 60 min. \$60.00 90 min. \$90.00  
Deep Tissue \$40.00 \$70.00 \$100.00  
Shiatsu \$45.00 \$85.00

**WAXING**

Facial & full body waxing Prices vary

**HAIR**

- Men's Haircut \$15.00
- Women's Haircut \$25.00
- Kids Cut (under 12) \$12.00
- Buzz Cut \$10.00
- Facial Trim \$5.00
- Bang Trim \$5.00
- Shampoo \$5.00
- Shampoo set \$18.00
- Conditioning treatment \$10.00
- 5 Step Conditioning Treatment \$25.00
- Blow-Dry \$5.00
- Style \$10.00
- Ironing (Curling & Flat) \$15.00
- Full High/Low light \$49.00
- Partial High/Low light \$65.00
- Extra Color \$5.00
- Full Bleach \$80.00
- Bleach Touch up \$45.00
- Cap Bleach \$40.00
- Full Color \$60.00
- Color Touch up \$45.00
- Men's Color \$30.00
- Color Correction \$50.00 per hr
- Perm \$60.00
- Spiral Perms \$85.00
- Up Do's \$45.00



# Mane Teaze

## Full Service Salon



**Mane Teaze**  
"Hair to Please"  
**Jessika evans**  
Esthetician  
Skincare Specialist  
Facials, Full Body Waxing, Treatments  
(619) 561-8014  
13330 Highway 8 Business  
Lakeside, CA 92040  
www.classifiedsighs@yahoo.com

ALPHIA  
HAIR DESIGNER/OWNER  
COLOR SPECIALIST  
HIGH QUALITY EXTENSIONS  
MANE TEAZE SALON  
FULL SERVICE SALON  
13330 HWY 8 BUS  
LAKESIDE, CA 92040  
(619) 561-8014  
(619) 549-3788  
MANE1VENT@COX.NET

**community appreciation program**

BEST FAMILY OWNED & OPERATED, RESIDENTS WILL RECEIVE 20% OFF! ASK FOR ALPHIA AT 619-561-8014



HAVE YOU LOOKED IN THE MIRROR LATELY???

**NU SKIN - Home of Anti-Aging Skin Care**

**"ageLOC"**

**8 SIGNS OF AGING:**

Fine lines & Wrinkles  
Discoloration  
Uneven Skin Tone  
Radiance (Loss of)

Hydration (loss of)  
Texture, Smoothness  
Skin Structure  
Pore Size

*COMING LATE 2010 - The newest in Science Technology:*

*----- re-setting our "Youth Gene Clusters" -----*

Call and ask for information regarding the ability to restore our muscle system to more than 30 years ago. This includes the Heart; Brain; Muscle system and more.

Please go to our website:

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

**INVITATION: Free: Product demo - ½ facial on request.**  
**(please call for an appointment)**

Patricia Goulart - (T) 619-442-4879 (C) 619-890-4879

e-mail: [beelady68@aol.com](mailto:beelady68@aol.com)

**No Membership fee - Distributorships available**  
**Listed on the NYSE - D & B rated 5 A-1**

## Yoga classes at the Crest Clubhouse.

- Small Yoga groups, guided by an experienced and caring instructor, allow you to learn gradually, based on your own fitness level. The classes are based on Iyengar Yoga technique.

**Other services offered:**

Individual Yoga Instruction and Yoga for "You and your Partner".

**About the Instructor:**

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

**Classes scheduled: Mondays : 4:30 to 5:30 PM**

**Cost: \$ 12:00 per session or \$10.00 for a 4 class/month set.**

- Classes should be booked in advance with payment due on the first session. Unfortunately there are no refunds for missed classes, however a catch up class will be offered.

**For more information registration and other services call:**

**Aida Amar - 619-456-7080 (cell) email: [aida20@cox.net](mailto:aida20@cox.net) Web Address: [YogaInMotion.Me](http://YogaInMotion.Me)**



**Visit the St. Clair Gallery** and check out Crest resident, Judy Becker's digital photography exhibit. Judy is exhibiting three of her pictures at the 21<sup>st</sup> Invitational Art Exhibit which runs through September 17. The Artist's Reception is Sunday, September 12 from 3:00 to 6:00 p.m.. The gallery is located at 270 East Douglas Avenue, El Cajon. Admission is free and it is open to the public. Congratulations Judy! For more information visit: [www.stclairgallery.com](http://www.stclairgallery.com),

**DAYCARE**  
LOVING MOM/GRANDMA & FORMER PRE-SCHOOL TEACHER  
WILL TAKE CARE OF YOUR CHILD.

- I provide nutritious meals and snacks, in a safe clean home, with over 30 years of experience in helping moms with taking care of their children.
- Excellent references, reasonable rates. A member of the Trust Line Registry Program with the State of California.
- Located in the Crest Area, 5 minutes from Freeway 8.

Call: **Griselda, (619) 588-2747**



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

---

**Full-Service Electrical Contractor**

*Serving Southern California Since 1981*

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

**Free Estimates**

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

**Office (619) 440-3051**

**Pager (619) 604-3051**

**Cell (619) 733-3051**

**Fax (619) 440-3051**



## 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 September, October, November and December meetings will be held at the Harbison Canyon at Ironside Park. 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 14<sup>th</sup> minutes regarding Crest. For a full copy of the minutes go to [www.crestplanning.org](http://www.crestplanning.org)**

Item 2. Announcements. • Mike Uhrhammer, representative of Padre Dam Water District, announced that on Thursday, 16 June, 12 noon, at the State Building, 1350 Front Street, San Diego, in Auditorium B109, there will be a hearing concerning the Viejas Tribe lawsuit to stop the Padre Dam Water District's Secondary Connection Project. He described the history of the project and its planned upgrade of community service and firefighting capacity in parts of the District including Crest and Harbison Canyon, and how discovery of human bone fragments has raised the issue of appropriate mitigation for disturbance of Native American archeological remains. On 25 June a judge will hear the case.

Item 3b. Group Forum. Wally Riggs reported that the Registrar of Voters sent him a huge map showing the new corrected boundaries for the Crest and Granite Hills communities of the Subregion, and that this map is also now on the Planning Group website.

Item 7. Unfinished Business. Consideration of applications for Seat 1, Crest. Chairman Riggs introduced Mary Kay Faris, who submitted a letter of application for nomination to Seat 1, to the Planning Group. She is a resident of Crest, has been an East County resident for 40 years, and is interested the County Department of Planning and Land Use public planning processes. She would like to be a member of the Planning Group and contribute to the public planning process. Phil Hertel moved that the Planning Group approves the selection of Mary Kay Faris for nomination for the Board of Supervisors' appointment to Seat 1, Crest, on the Crest- Dehesa-Granite Hills-Harbison Canyon Subregional Planning Group. The motion passed (10 yes; 0 no; 0 abstain).

|



### **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*

#### **July 9, 2010 –**

This week, the Federal Housing Finance Agency (FHFA) announced that Fannie May and Freddie Mac would not buy or sell home mortgages for properties enrolled in certain solar financing programs. These programs, known as PACE, or Property Assessed Clean Energy, allow homeowners to spread the cost of rooftop solar and other efficiency measures over 20 years on their property tax bills. The County had been preparing to launch its PACE program this summer. The attached letter was sent to President Obama and members of San Diego County's Congressional Delegation from Chairwoman Pam Slater-Price and Supervisor Dianne Jacob.

Price and Supervisor Dianne Jacob.

#### **July 13, 2010 - UNITED STATES FOREST SERVICE APPROVAL OF THE SUNRISE POWERLINK:**

I'm deeply disappointed by the United States Forest Service's decision to approve the Sunrise Powerlink, but not surprised. The approval ignores the lasting consequences that will result from the line, particularly the severe fire danger. There is a trail of pressure by SDG&E and political influence that has followed this project since its inception and the decision by the Forest Service is no exception. Although we had hoped for a favorable decision, it has always been my belief that this matter would ultimately be settled by the courts. I'm confident in the case that will be presented by the opponents. The facts and evidence in the record are on our side



# Sample Stitches



Longarm Quilting  
Custom Quilting and Pantographs



Judi Sample  
1365 Ryan Ridge Rd.  
El Cajon, CA 92021  
(619)440-5912  
judi7@cox.net

20% discount if  
you mention this  
ad

Reasonable Rates  
Quick Turn Around



*QUALITY ALIGNMENTS  
BRAKE REPAIR & CONVERSION  
GEAR UPGRADE & REPAIR  
DRIVETRAIN  
SUSPENSION REPAIR*

*QUALITY SUSPENSION UPGRADES*

*Our technicians are educated & experienced*

*www.rogerdanielsalignment.com*

*8517 ABLETTE ROAD*

*SANTEE, CALIFORNIA 92071*

*(619)562-7969*

*WE OFFER SUSPENSION AND BRAKE WORK ON ALL MAKES AND MODELS*

*FAMILY BUSINESS / CREST RESIDENTS FOR 25 YEARS*

*10% OFF LABOR TO CREST RESIDENTS*



# Supporting Our Crest Merchants Rainbow Farms Market 1335 La Cresta Blvd 444-7504

By Linda Hjelle

It's the kind of neighborhood market I remember while growing up in a small town in upstate New York: a small corner market with friendly proprietors who try to anticipate your every need. Folks are greeted by name and always greeted with a smile. Isn't that what a neighborhood store is supposed to be about?

(Mark with customer, Frank)

Mark Mirza took ownership of Rainbow Farms Market in 2002. Mark and his employee Frank share the majority of the duties of keeping the market up and running 7 days a week. Additionally, Mark supports Crest by making sure the Crest paper is always stocked at the store, and he donated generously to our last CCA food drive.

A little about Mark and his family: Mark and his wife Betty have two children. Betty, who previously worked as a store manager for three K-Mart stores, now stays home and takes care of their home and family. Their daughter Ban works as a manager for Bank of American and is the mother of their most precious four-year-old grandson Donovan. Many of you may have heard the great news that Mark's son Bashar was recently accepted to medical school in the Caribbean (on the Island of SABA) and has settled in this semester and is working very hard! Before you know it, there will be a doctor in the family! As you can expect, Mark is extremely proud of his family.

Mark grew up in Baghdad, and after graduating from a Jesuit High School, he worked for Iraq Airlines for 18 years. This was a great job for Mark since one of the company "perks" was that he received free airline tickets which enabled him to fly to New York City to visit his sister. This is how he decided at age 37 to immigrate to the United States. Arriving in 1977, he lived in a variety of cities including Detroit and Seattle. His jobs included working for Northwestern Glass for 9 years and Inter Auto Parts for 9 years. Mark moved to San Diego and in 2002 bought the Rainbow Farms Market in Crest.

When asked why he decided to go into the retail market, he responded, "I like people and the Crest folks are like my neighbors. I am a good listener and try to go out of my way to stock the items folks request so they do not have to make an unnecessary trip off the hill." Mark, you do a good job of making Crest a convenient place to live!

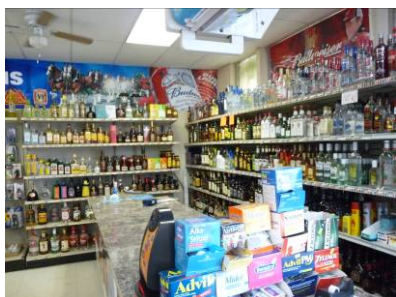
I would be remiss if I did not mention the other half of Rainbow Farms Market team, Frank Sako. Frank has worked for Mark at Rainbow Farms Market for the past four years. Always ready with a smile, Frank is always ready to help out when needed. Frank is a devoted family man and has lived in East County for 27 years. He and his wife Muna have three kids; Nineveh, age 6, Meghan age 4 and a new baby boy Paul, just five months old!



Frank was raised in the Nineveh Province of Iraq and dreamed of moving to America even as a small boy. At 16 years old, his parents gave him permission to do so. He moved to Rome, Italy and with the help of his cousins, he obtained an interview with the U.S Embassy within a month. In a short interview, they asked him why he wanted to come to America. Frank told him, "America is the land of opportunity. There is freedom of speech and freedom of religion." With such a simple and idealistic request, the immigration official stamped his passport said, "Sonny, welcome to the United States." His paperwork was approved. He had to wait for two years for his visa to be processed before landing in NYC in 1983 where an immigration official met him and helped get on a plane the following day to San Diego. He was met by his sponsor, moved to El Cajon and the

rest is history. Frank (Photo above) attended high school for a short time and attended English classes at Grossmont College and has lived in East County since.

Next time you are in the neighborhood, stop by and say hi to Mark and Frank at the Rainbow Farms Market. The store is open seven days a week from 8:00 am to 9:00 pm. The store is well stocked with a great variety of foods, liquor, wine, and beer to choose from. Check out their gadget wall next time you need that miscellaneous tool or gadget on short notice. Oh yeah, it is also a great location to pick up your next quick pick, scratcher, bag of ice, or just stop for a quick cup of coffee. That's what a neighborhood store is all about!



Check out the ad on the following page (page 26) and stop by your friendly neighborhood market in South Crest!





1335 La Cresta Blvd., Crest, CA

619-444-7504

Friendly Service

Wide Selection of Groceries

Beverages and Ice

Beer, Liquor, Coolers

Large Wine Variety

We have lots of new items and notions

**Stop here first before you go down the hill!**



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



# Community Worship



**St Louise de Marillac  
Catholic Church**  
2005 Crest Drive –  
Phone: (619) 444-3076,  
Fax: (619) 440-1325  
Fr. Justin Langille, Pastor

**Regular Weekend Services (SEP-MAY):**  
Saturday..... 5:30 PM  
Sunday..... 8:00 AM and 10:30 AM

**Summer Weekend Services (JUN-AUG):**  
Saturday..... 5:30 PM  
Sunday..... 9:00 AM  
( Note: July 4th 9:00 Service will be at 7:30)

Daily Mass: 8:00 AM (Mon-Thu)

## ***Share Program in Crest***

Crest Community Church is a host/distribution site for the SHARE Food Program. **SHARE is a program in which participants can purchase groceries at a 30-50% discount** Package prices range from \$17 to \$35. SHARE can offer these savings because volunteers help sort, package and distribute the food that SHARE buys in bulk for over 3000 people. SHARE offers a variety of frozen meats, fresh produce other grocery items and club-sized packages. You pick up the food you order every month. Orders can be made on line or at the SHARE office or by phone. Anyone can join the program. Look for the "Golden Share Foods" flyer in the local stores or at Crest Community Church. The pick up is the last Saturday of the month 9/25 from 9-11. The phone number to order is 619-590-1692. They accept Visa, MC and EBT Food Stamp Cards. You can also order online at [www.goldensharefoods.com](http://www.goldensharefoods.com). Flyers for the menus of packages offered will be available in the stores. For other information or questions that you may have, you may also call 442-3736.



## **Crest Community Church**

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

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

## **Vacation Bible School was a Blast!**

This year our Vacation Bible School was Planet Zoom...where your children would zip, zap, zoom for Jesus Christ! They were BOLD BEE-LIEVERS for CHRIST! They loved being in the bee hive. There was 44 bees buzzin' in the hive this year, and they seemed to all have a blast.

There were a few decisions made at the hive this past week....and we are all praying for those who came to CCC's VBS.

This year our mission was to help out the San Diego Rescue Mission. We asked the kids to collect food, clothing, toys and books for the homeless people of our city. They went beyond our wildest expectations...we (all the bee managers here in the hive) would like to give a HUGE shout out to all the kids from this community who gave it their all to show their love for those who are less fortunate than they are.

ZAP! Jesus,  
our Savior,  
says to BEE-  
LIEVE!






**Full Service Specialties**

**Hair Cutting/Trimming  
Hair Styling**


- Cut and Style with Shampoo.....\$20
- Tint Touch-up.....\$35
- Perm With Cut and Style.....\$50

**Color Weaves**

- Partial..... \$50
- Full..... \$65

 Appointments and Walk-in's Welcome

 After Hour Appointments Welcome

 Complimentary Wine

 Manicures & Pedicures Available

**Color:**

- Weaving
- Highlights
- Frosting
- Tint
- Cellophane

**Hair  
Straightening:**

- Chemical
- Relaxing
- Temporary Hair pressing

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



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

**Mila is the world's healthiest  
Whole Raw Food**

**Barbara Atkins**  
Lifemax  
Independent Distributor  
2412 Eucalyptus Drive  
El Cajon, CA 92021  
619-723-2737  
brbratkins@gmail.com  
www.batkins.lifemax.net

**Mila's Power for improving health!**  
Loaded with Omega-3's fiber, antioxidants and many other vital nutrients, Mila offers a variety of opportunities to improve your overall health and well being. The experts at the American Medical Association, WebMD, JAMA and some of the most respected medical schools agree that the nutritional components of Mila can offer you

better health!

- Heart Disease
- Anti-aging
- Weight Loss
- Maintaining Health Blood Pressure
- Menopause
- Gastro-intestinal Health
- Osteoporosis
- Mental Health
- Type II Diabetes
- Prenatal Health

For more information go to:

<http://www.mylifemax.net/doctorspanel/?v=160841>

**PU-PRODUCTS.COM**  
MADE HERE. NOT THERE.  
ROK straps

**THE BEST JUGS ON THE PLANET!**

- >#2 HDPE
- >USA MADE
- >5 Gallon
- >2 Handles
- >Safe for all liquids

**NEW! RAX SYSTEM FOR THE POLARIS RZR-4**

**ORDER ON WWW.PU-PRODUCTS.COM OR PICK UP !  
CALL US AT 619-334-1913**





## The News from Crest Kiwanis

By Suzanne Mullins

### Kiwanis Continues to Serve Crest Community



**Dick Sutton**, Crest Kiwanis President for 2009, accepts Distinguished Service Club Award.



**Paul Johnson** accepts for the Crest Community Association, \$248.75 from Kiwanis 4<sup>th</sup> of July hotdog & hamburger stand receipts. Kiwanis also donated \$100 for construction of their food booth built by **Paul Johnson**.

**Kiwanis Breakfast every 4<sup>th</sup> Saturday of the month in the Clubhouse.**

**Pancakes, french toast, egg dishes, fresh fruit, juice, coffee, tea**

**\$5.00/plate**

**8:30 – 10:30**

**All proceeds go to support Children's programs.**



**Maura Fox** of Los Coches Creek Builder's Club receives a Kiwanis Scholarship from **Linda Chase** and **Karen Nelson**

***Make a difference, one child at a time...*** join **Crest Kiwanis**.

You are invited to at our monthly meetings @ 6:00 p.m. third Monday of each month in the Crest Clubhouse.

### **Golfers Wanted**

**El Cajon Recreation Department's Benefit Golf Tournament at Sycuan**

**Friday, September 17<sup>th</sup>**

**12:00 noon Shotgun start**

**All proceeds support activity scholarships for low income youth.**

**\$125. /golfer receives golf shirt, tee package, green fees/w cart, Mexican Buffet and raffle prizes.**

**Contact Susan Vaupel (619) 441-1680 by September 3<sup>rd</sup>.**

**(credit cards accepted)**

# Summer Elam

[www.mythirtyone.com/elam](http://www.mythirtyone.com/elam)

[sandiegoloves31@yahoo.com](mailto:sandiegoloves31@yahoo.com)

(619) 623-0548

# thirty-one™

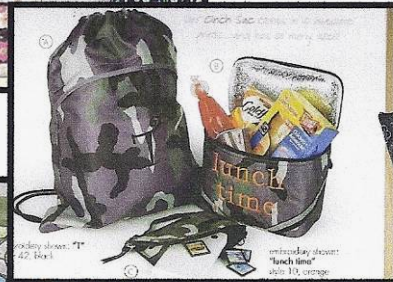


Hi! My name is Summer, I'm a three-year Crest resident and an independent consultant for a new, up-and-coming business called Thirty-One!

Thirty-One's products appeal to all ages. We have a wide variety of purses, totes, stationery, lunch boxes, backpacks, organizational items and much, much, more - these items can all be personally embroidered to fit your style!

You can choose one of three ways to buy Thirty-One...#1 - Become a hostess for an in-your-home party and reap IN-CREDIBLE discounts and free items...#2 - you can buy items off the website without hosting a party...#3 - host an online catalog party! Our monthly specials offer incredible deals as well!

Don't forget that Christmas is coming up - buy your Christmas presents today! I look forward to hearing from you!



*Want to make extra money? Join my team and become a consultant!*



# Welcome to our New Crest Neighbors

By Griselda Layman and Linda Hjelle



We'd like to welcome the Dunning Family to North Crest – Veronica and Don and daughters, Iberia and Athena. When I asked Veronica, "What brought you to this area of San Diego?" her reply was, "I had been looking for a house that had a swimming pool off the kitchen, with some land and quiet; close to town, yet not too far." We have found Crest a very welcoming, neighborly, and friendly community. It has been a blessing. A community like this you don't find anywhere else"

Don and Veronica, married 24 years, are originally from Los Angeles and San Diego, respectively. Veronica is a Health Care Business Consultant and Don is an attorney. Iberia, age 15, attends High Tech High School Media Art in Point Loma. She enjoys horse back riding, reading, swimming, camping, and playing the piano. Athena, age 10, attends Los Coches Creek Middle School. She enjoys horse back riding, swimming, camping, dance, and takes drum lessons. Both enjoy deep sea fishing off the coast.

The Dunning girls might be considered Crest's newest celebrities. In February Iberia and Athena were named Goodwill Ambassadors for the San Diego Chapter of the Muscular Dystrophy Association (MDA). The sisters were diagnosed with Myotonic Muscular Dystrophy which is one of the muscle diseases covered by MDA's research and care programs. As Goodwill Ambassadors, Iberia and Athena will make public appearances throughout the community to encourage volunteers in the Association's year-round educational and fund-raising campaigns and will take part in the Chapter's special events. Coming up is the Jerry Lewis Telethon where they will be interviewed after the program. Keep your eyes open! A week before the telethon, KUSI will be releasing a vignette about the interview.

In addition to welcoming the Dunning Family to Crest, you have an opportunity to make their jobs a bit easier by supporting the upcoming San Miguel Fire Protection "Fill a Boot" campaign. Our own Crest firemen will be out on the street corners early on September 2 with their boots in hand collecting money for the MDA. Wouldn't this be a great day to donate your Starbuck coffee money to a great cause!



MDA is the nonprofit health agency dedicated to curing muscular dystrophy, ALS and related diseases by funding worldwide research. The Association also provides comprehensive health care and support services, advocacy and education. The MDA clinic serving children and adults in the San Diego area is located at Rady Children's Hospital.

Iberia wrote the following essay, Echo of Heaven. She gives you an insight of her experience at finding out about having Myotonic Dystrophy.

## Echo of Heaven

By Iberia Dunning

When I was ten and in fifth grade, my dad, my mom and I went to see a neurologist. The hospital was warm. The glass elevators were inviting. Since I love glass elevator. I like to look out of them watch the floors pass by. Once I thought we were about to crash right through the ceiling and that was very exciting because I only thought that could happen in movies. Would I crash in real life today?



(Echo of Heaven – Con't)

I went up in the glass elevator looking out. We met the neurologist whose name was Dr. Haas. I felt at ease because that is a Dutch name and my grandparents are Dutch. For a split second, this familiarity comforted me. Dr Haas thought I had Myotonic Dystrophy but he wanted to have a blood test to make sure his conclusion was right. So we went to another hospital with a hallway full of doors with animals painted on the walls in pastel colors. There were two parts to the hallway. In the middle there was a circular room where the halls met and in that circular room I could hear an echo of my voice and when I looked up there were clouds and sky. It was like looking up into heaven.

I went through one of the doors and had a blood test. It did not hurt but that was because I have a very high pain tolerance. We went back down the stairs and to the car and drove home. A few days later we got a call from the hospital and the test said I was positive. There was shock from me and my parents. Then we decide that we had to get my sister tested but she cried so loud you could hear her from 100 miles away. I had to cover my ears. She was so loud. She also turned out to be positive. We had shock again. Then we decided to test my mom. She sat very still and remained very quiet and she also turned out to be positive. My dad, well, he turned out to be negative.

I was afraid because I did not know what Myotonic Dystrophy was. When we were leaving I was not even excited about the elevators. I was sure we were going to get stuck in the glass cage of the elevator forever, but the elevator never got stuck, not even once, but I was still scared. I was scared that if my friend found out they would not want to be my friends anymore.

I was angry in the next phase. I did not want to have Myotonic Dystrophy. I did not want to be different!

Then I went into a phase of complete denial. I denied that my best friend had anything wrong with her too. As far as I was concerned the door to this thing was closed and locked.

I learned of an organization that helps people with Muscular Dystrophy called the Muscular Dystrophy Association of San Diego (MDA). They called me for a fishing trip. On the boat I met a girl who had the same kind of Muscular Dystrophy that I had, and she was a pretty cool girl. She was a spark of light in a dark, dark room, so dark that I was still in overall denial.

The following summer I was invited to MDA Camp. Summer camp totally changed me. It unlocked the door of my cage. I completely accepted my MD. Now I like participating in my community. There are fundraisers like the MDA Stride and Ride where some people walk and some people ride in their wheelchairs to raise money for research and camp. I also like participating in the Outback Steakhouse fundraiser where I go around the golf course and eat food. There are appearances on the Jerry Lewis TV Telethon, where people raise money by calling in pledges. I go to the studio and answer questions and say things on live television. KUSI also did a vignette on my sister and me with us reading, playing the piano, and swimming. I also did a commercial with the neighborhood grocers to raise money for the MDA and an interview with a KUSI newscaster.

This thing I have has led me to participate in many activities for the MDA too. I went fishing where each child gets their own angler. We fish in the ocean and each child gets a trophy for fishing. Some children get special trophies for catching the most fish, biggest fish, and ugliest. Although the ocean spray is cold and salty it was a wonderful day with the wind in my hair and the sun in my face.

The biggest blessing of Muscular Dystrophy however is MDA camp. I like swimming, playing military hide and seek wheelchair soccer, teddy bear football, dancing and participating in the talent show. Military hide and seek is where people from the military come in camouflage and hide in the trees like chameleons and we have to find them. Wheelchair soccer is played with the biggest ball you have ever seen. The people in wheelchairs get to catch it and the people on the ground have to kick. If the kickers touch it with their hands they get put in the penalty box. There are theme days and each camp over the years has a different theme. You bring costumes for each day and the day that you're suppose to wear the costume you wear it all day except when you go swimming. At dance night, you put on your best dress or clothes. For the girls, the beauty boutique comes in and curls the girls' hair and put on makeup and even does nails. The boys are not allowed to come in while the girls are getting the up-do's. The boys do not get anything special. You can go dateless or have a date to the dance. There is a gossip box where people write things and at every meal the papers are read. That is now some people ask people to go to the dance with them. My first awakening of tolerance was not playing games or fishing with other children with MD, it was choosing my date for the dance. My date was a gorgeous boy in a wheelchair and I actually had a crush on him. He accepted my offer and we had a wonderful evening.

People with Muscular Dystrophy are actually really fun to be around. They act like anybody else. They put their videos on You-Tube, listen to cool music on their ipods and laugh and smile. The best thing about camp is you are not different from anybody else.

I feel like I am not different anymore. I have made some of the best friends. Acceptance of Muscular Dystrophy is like a fireplace that illuminates a dark room. Muscular Dystrophy has taught me acceptance, compassion, tolerance, purposefulness and, to love myself. I have found that echo of heaven.

# Lenardo Pizzeria & Restaurant

1331 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	\$5.99
Salad.....	
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

# Critters in Crest

## Flies

By Stanley A. Shelton

This is about common flies you would find in and around your house, order *Diptera*. There are thousands of fly species, but only a few make pests of themselves to humans. I will touch on a few: the house fly, *musca domestica*; the little house fly, *fannia canicularis*; and the stable fly or horse fly, *stomoxys calcitrans*, which bites (feeds on blood).

The house fly is about 3/8 of an inch long and has four dark stripes down the back. The little house fly is about 1/4 of an inch long and the thorax is striped. Neither of these flies bites. Their mouths are made for sucking up liquids. If they feed on solid food, they first dissolve it with their saliva which contains bacteria. Whether chowing down on liquids or solids, they leave behind some saliva with bacteria, and that's how they spread germs.

Stable flies have a bayonet-like syringe for a mouth with which they stick in their victims to suck their blood. They are found where there is livestock like horses, cows, goats, etc. They are most abundant in early summer, diminishing in numbers as the summer progresses.

House flies make themselves comfortable in and around our homes, and given the opportunity, will lay eggs in your moist garbage. During hot summer months, house flies can



develop from egg to larvae to pupae to adult in as little as seven days. Stable flies in as little as 12 days.

Little house flies are less likely to enter our homes, preferring to stay in outdoor shaded areas like porches and patios where the air is calm. Males gather in such areas and simply circle around at about (human) head height, making themselves a bother. Putting a fan in these areas discourages their gatherings there.

It is best to know what kind of fly you are being bothered by if you have to take measures to eliminate them. Those traps with bait in a plastic bag that you add water to work well for most flies, but the smell is worse than a septic tank being cleaned out!

True flies (order *diptera*) have only two wings and a counterbalance under each one. They are called halteres, and are in place of rear wings. Other insects with the word "fly" in their names like dragonflies, mayflies, damselflies, whiteflies, etc., are not true flies since they have two sets of wings.

An impregnated female fly lays 75 to 150 eggs at a time over several days. Eggs are laid in animal feces, moist grass clippings and rotting fruit or other food among other places. Maggots can hatch in a day or less in summer. They seek out drier areas to pupate.

About 16 years ago, we had an infestation of flies IN our house! There seemed to be thousands of them! But where were they coming from?

That day, when I got home from work, I found my wife and two grandchildren swatting at flies. The flies were naturally drawn to the light of the windows and so gathered mostly in our windows where they were being swatted. The enthusiastic swatting resulted in cracked window glass, which cost me later. I was not happy about that! And, the flies seemed to be coming from the openings of the shelf supports in one of the master bedroom medicine cabinets!

How there could be something for flies, or "A" fly to lay eggs on in the wall of our house, is beyond me! There was no odor. I can only imagine how that could have happened.



Portrait of a house fly. Author: Noodle snacks (Wikipedia)





# Obesity

**Is exploding into an epidemic!!**

**"OBESITY = Heart disease -  
the #1 killer in America."**

**NOW AVAILABLE - 1<sup>ST</sup> TIME ON THE MARKET**

## **XOCAI'S - HIGH ANTIOXIDANT PROTEIN MEAL FOR WEIGHT LOSS WITH A WIDE ARRAY OF HEALTH BENEFITS**

**Low Glycemic – Lactose and gluten free  
1 – 8 oz glass = 50,000 units of antioxidant**

**The only Cacao based, high – ORAC meal replacement  
available today!!**

**LEARN HOW TO LOSE and KEEP IT OFF**

**For information – Please call**

**Pat Goulart, Executive Distributor  
"Healthy Chocolate – A Healthy Life"  
(T) 619-442-4879 (C) 619-890-4879**

# XANGO JUICE



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

*GOOD FOR THE BODY – HEAVEN FOR THE TONGUE*

Learn about XANGO™ @ [www.justanounce.net](http://www.justanounce.net)

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



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

# About Crest...

## *It's All About the News...*

The Crest Sun has been in production since 2000. In checking the Historical Society archives, it appears there have always been folks ready to step up and report Crest happenings. Perhaps you remember reading some of these editions. Am I missing any? I'd love to complete my list if any Crest folks have additional information or newspaper articles to share from older papers.

1962-64 – Crest Weekly News

1970-71 – Crest News – Published the Crest Civic Group

1975-76 – The La Cresta News – An Independent Newspaper published by Laurie Farrell Cooney

1977-81 – LoudMouth published by Dick and Jerry DiMeglio

1982-86 – The Crest Grapevine Newsletter – A division of Plicott Enterprises

1988-90 – the Crest Chronicle article appeared in the Back Country Trader, an Alpine Publication

1991-1998 Connie and Carol's Crest News published by Connie Gibson and Carol Warra

1992 – The Community News – Published by the CCA

2000- Present – The Crest Sun – editors Betty Lucas (2000-2006), Linda Hjelle (2007-2010)



**Do you have a story "About Crest" you'd like to share? Do you have old photos you'd like to share? Contact [LindaHjelle@cox.net](mailto:LindaHjelle@cox.net) or call 517-9838.**

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

**PROFESSIONAL ORGANIZER TO HELP YOU:**

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

**CLEAR OUT THE CLUTTER AND MOVE ON WITH YOUR LIFE!**

**SIMPLY MARVELOUS ORGANIZING**

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

# E & L Mobile Repair

REPAIRS, MAINTENANCE, WELDING, FABRICATION

**On All Makes & Models Of Any Equipment**



**WHY CALL  
CAT, BOBCAT, CASE, DEERE, VOLVO, Etc.  
WHEN I AM ALREADY HERE!!!!**

**10% Discount On Any Work Here In CREST**

**More than 20 Years Experience**

**No Job too Small**

**Raised in Crest Returned to CREST**

**Eric Flick**

**Cell # 619-654-3849**

**elmobilerepair@cox.net**



# A Simpler Time Alpacas & Mill

"Making the Exotic Affordable"  
By Griselda Layman



Meet our interesting neighbors, Dave & Barbara Davies and their nine children. Residents of Crest for the past 19 years, they experienced what many of us thankfully missed; the wildfires. The 2003 fire burned down their home and after much perseverance, they built their present two story home complete with a aviary, garden patch, and their family business. Many of you may not be aware of one of Crest's most unusual businesses; an Alpaca Farm and Mill. Located off Alta Place in South Crest, the farm has around 50 Alpacas, a boutique; and a mill to process the alpaca wool.

It seems they were looking for a business opportunity ten years ago when they went to Colorado on vacation and visited an Alpaca Ranch. Barbara stated: "The animals were gentle, easy to maintain, easy clean up, no butchering to harvest the product, and among their priorities, they were looking for something unusual and exotic." Well, they found it!!

"A Simpler Time, Alpacas & Mill" is a family owned business with every one of the family members involved. These gentle animals are lovable and soft, and get sheared once per year just before the summer. In their mill they process their own alpaca wool in addition to fiber sent to them for processing from California, in addition to several states including Arizona, Colorado, Oregon, Washington and Nevada. Their high quality yarn is sold locally or to anyone interested.

I had an opportunity to tour the farm with Barbara Davies and her daughter, Becky. In addition to working on the farm, Barbara enjoys bread baking, canning, gardening and music. There is a lot of musical talent in the family with various family members playing the violin, cello and piano. Did I tell you she also dyes her own yarn? She can also be seen giving spinning demonstrations at the library, Del Mar Fair, Summers Past, Craft Fairs etc. And... in her spare time she finds the time to home school her nine children!

If you haven't had the delightful opportunity of seeing one of life's gentle creatures up close and personal or if you would like an opportunity of touring a family run mill, now is the time to take some time out of your busy schedule. Visit their website at [www.asimplertimemill.com](http://www.asimplertimemill.com) for additional information as well as upcoming dates to tour their facilities. Two scheduled events include National Alpaca Farm Days on September 25<sup>th</sup>. They will also be at Summer's Past on October 9 and 10<sup>th</sup>.

If you would like more information they can be contacted at 1802 Alta Place, El Cajon 92021, (619)579-9114 or email them at [ddavies@dslextreme.com](mailto:ddavies@dslextreme.com).



# 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	\$2.00 each

#### Toppings

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

#### Specialty

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

#### 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

**NEW ITEMS: QUARTER POUND ANGUS CHEESEBURGERS \$2.49**

**Tri-Tip Sandwich 6.99**

**Special: 12" two topping pizza - \$4.99**

## It's Free in San Diego County.... Mark These Dates!!

**Sept 3-5, 2010 – Barona 40<sup>th</sup> Annual PowWow –** Barona Baseball field –Free admission & camping. Contest Dancing – all drums and dancers welcome. For more information call 444-6612 x 120 or visit <http://www.barona-nsn.gov/powwow/powwow.html>

**Sept 4 – Grape Stomp and Festa, Julian –** Menghini Winery (760-765-1857; [www.julianca.com](http://www.julianca.com))

**Sept 11 – Grape day Parade and Festival – Escondido-** Parade, grapestomp, entertainment and free grapes. Grand Ave & grape Day Park (760-743-8207) [escondidohistory.org](http://escondidohistory.org)

**Sept 18-19, 2010 Artwalk on the Bay Location 10-5 pm: Hilton San Diego Bayfront Park -** <http://www.artwalkonthebay.org>

**9/18-19 Coronado Art Walk -** <http://www.coronadoartwalk.org>. The **2010 Coronado Art Walk** will be held at the Coronado Ferry Landing from 10:00am till 5:00pm. Artists will be housed along the entrance and on the grounds of the Ferry Landing. Painting, hand crafted jewelry, photography, ceramics and other mediums will be featured. This exciting venue will include Interactive Art Activities to delight both children and adults.

**9/25-26 -Cabrillo Festival-** Reenactments, traditional mus, fok dancing, crafts and food. Ballast Point, Naval Base Point Loma (619)557-5450; [cabrillofestal.org](http://cabrillofestal.org)

**9/25-26 – Coronado Speed Festival-** Autoracing, tours of racecar pits, vendor village, Navy jets and helicopters, etc. Naval Air Station, North Island (619)-858-1545; [fleetweekssandiego.org](http://fleetweekssandiego.org)

**10/08/10 – 10/10/10 – Bazaar del Mundo annual Santa Fe Market** –[sandiego.org/event/Visitors/2693](http://sandiego.org/event/Visitors/2693) Experience American Southwest arts, culture and entertainment at this annual Santa Fe Market located on the corner of Juan and Taylor Streets in Old Town. Native American tribe members and Southwest artists demonstrate their crafts and present their wares. Nonstop entertainment and mouth-watering Mexican cuisine will also be offered at the event that runs Friday through Sunday.



**Octoberfest - Check out one of the several scheduled events and celebrate Octoberfest in East County.**

**La Mesa Village for the 35th Annual Oktoberfest. (October 1-3)** You don't want to miss the Grand Daddy of all street fairs and the largest 3-day Oktoberfest West of the Mississippi. <http://www.lmvma.com/SeasonalEvents/Oktoberfest.aspx> Put on your walking shoes and be prepared to walk 6 city blocks filled with over 300 craft and commercial booths, 5 food courts, 3 beer gardens and a children's carnival. Times: Friday/Saturday October 3-4 11am till 10pm. Sunday, Oct 5 12-6pm

**Oktoberfest in El Cajon – October 1-3 German American Society – 1017 S Mollison.** [www.germanclubsandiego.org](http://www.germanclubsandiego.org) 442-6637- 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 in San Diego. The annual event also welcomes live bands and craft stalls.

**Octoberfest in Julian (Oct. 9-10 10-4 pm) –** <http://www.julianca.com/media/oktoberfest.htm> Bratwurst, beer, oom-pah music and dancers in traditional German and Austrian style, brings a taste of Europe to downtown Julian every October. This greeting of the harvest season is part of Julian Apple Days celebration..

**Oct 10 -16<sup>th</sup> Annual Little Italy Festa** <http://www.littleitalysd.com/festa/index.asp> - India Street between Ash and Grape St. Come and enjoy over 120 Italian Food & Crafter Booths, 2 stages of entertainment, Little Italy's Chalk Painting Event, a Stickball Tournament and a Beer & Wine Garden.

**10/29-31 – 45th Annual Borrego Days Desert Festival – Art and Soul** <http://www.borregospringschamber.com/BorregoDays> - Weekend activities include arts and crafts, a parade and the Miss Borrego Springs Pageant in the town of Borrego Springs 760-767-5555.

**10/23/2010 - 10 am. - The Boulevard Boo! Parade and Carnival** [collegiareabid.com/boo](http://collegiareabid.com/boo) The El Cajon Blvd and College Avenue - parade has amazing floats, costumes and marching bands. Halloween carnival with live entertainment, dance groups, vendor booths, kids costume contest, raffle, and haunted beer garden.



# Crestridge Ecological Reserve

## Crestridge Ecological Reserve

### Raising Fun and Funds to Support EDI

**Saturday, November 6, 2010: EDI's first annual  
Fall FUNd Raiser**

(Note, this is a revised date from the May/June newsletter.)

We've ordered up a beautiful, crisp fall morning for this exciting event, our first major fundraising event to support EDI's education programs. Join fellow EDI supporters for guided hikes and mountain bike trail rides, lunch, and a special presentation from local author/teacher/fire and habitat expert, Richard Halsey. The hikes and rides will take you to some of the amazing Crestridge habitat with guides who know the areas special features. Then, we'll all gather for lunch, an intriguing silent auction, and inspiration and education from Mr. Halsey who will discuss **"Grizzly Bears, Condors, and Chaparral: Preserving what's left of California's biodiversity"**... *Once home to the California grizzly bear and the California condor's last refuge, the chaparral remains one of the most misunderstood and underappreciated ecosystems on earth. Threatened by fire and habitat fragmentation, chaparral represents one of our last opportunities to preserve biodiversity and wildness in the state. Join us as we explore the chaparral's unique natural history and fascinating wildlife populations, reveal some of the major misconceptions many hold about California's most characteristic ecosystem, and examine the important role of education in conservation of the natural world.*

Richard W. Halsey is the director of the California Chaparral Institute, a non-profit, research and educational organization focusing on the ecology of California's chaparral ecosystems, the dynamics of wildland fire in both natural and human communities, and the promotion of nature education in a way that encourages communities to better connect with their surrounding, natural environment. Mr. Halsey taught biology for over twenty years in both public and private schools and was honored as the Teacher of the Year for San Diego City Schools in 1991. He also works with the San Diego Natural History Museum, publishes The Chaparralian, a quarterly newsletter focusing on

chaparral and wildfire issues, and continues to teach natural history throughout the state. He has worked as a consultant on wildfire issues and has given more than 300 presentations about the chaparral ecosystem over the past five years. The second edition of his book, *Fire, Chaparral, and Survival in Southern California*, was published in 2008.



Proceeds make EDI programs available to more students. Tickets will be available in September. Stay tuned, save the date, and tell your friends! It's going to be a great day!

### Fall Native Plant Sale Features More Species and Special Workshops

**Saturday, October 2, 2010, 7:30am-12:30pm:  
EDI Fall Native Plant Sale**

This fall's plant sale will be bigger and better than ever. We'll be increasing the variety of species from past sales to have some different items for loyal, repeat customers. If there is a plant you've been trying to find, we'll do what we can to locate and have it available. We'll also have 2 workshops this year:

**8:30-10:00am: Gardening with California Native Plants** will be presented by Susan Krzywicki of the San Diego Chapter of the California Native Plant Society. The workshop is free, but pre-registration is required. To register, email us at [chadgroup@cox.net](mailto:chadgroup@cox.net).

**10:00am-12noon: Composting will be presented by the Solana Center.** Learn to save money, conserve water, and help the environment by composting! Two kinds of composting bins will be available at reduced rates for residents of unincorporated San Diego County. The workshop is free, but pre-registration is required. To register, visit [www.solanacenter.org](http://www.solanacenter.org).





No Meetings  
No Officers  
No Dues  
No Politics ...

**Roger Mullins 619-579-7102**  
**www.justruns.com**

## Alpine Tree Town Meeting September 14<sup>th</sup>

This group is dedicated to inspiring residents and business owners to plant, maintain and protect trees. They also provide educational programs for our local schools. If you love trees and would like to meet some like minded people then please mark you calendar for Tuesday Sept 14<sup>th</sup> at 6:30pm. For location information please call Carlette at 619-445-5716.

### National Preparedness Month – September 2010

#### READY OR NOT – URBAN SURVIVAL TRAINING – September 9th – 11:30-1:30

6455 Lusk Blvd. San Diego, CA 92121 – (Qualcomm Bldg Q)

Planning and preparation are critical to disaster survival, but enhanced survival skills will increase your ability to cope with the aftermath of a disaster. This class led by survivalist Susan Conniry and Tom Beasley will take you beyond creating a family survival play by teaching you basic, universal survival skills:

- Creating a structure for shelter
- Finding, collecting and purifying water
- Creating fire for heat and light
- Acquiring food from alternative sources.

There is no cost to attend but please preregister by emailing your name and number of participants to [survival.training@qualcomm.com](mailto:survival.training@qualcomm.com)

\*\*Susan and Tom co-authored the book "READY OR NOT, A disaster Survival Handbook



### ***Crest Community Receives Grant Money From SDG&E***

Thanks to the efforts of Leonard Villarreal of the San Miguel Fire Protection District and Kandhy Franklin of the Crest Fire Safe Council, two grants have been awarded totaling \$5,000 to the Crest Community from the San Diego Gas & Electric Company. The Crest CERT Team (Community Emergency Response Team) received \$2500 for emergency supplies. The Crest Fire Safe Council was awarded \$2500 for red flags and poles to be placed on the La Cresta grade for high wind warnings.



### **No Air Conditioning? Visit a Designated Cool Zone**

Designated Cool Zones sites provide refreshing relief for older adults and others during hot summer months. In the El Cajon Area visit:

- **Parkway Plaza**
- **Crest or El Cajon Library**

**For more information, phone 800-510-2020**

**Next Crest Sun Deadline:  
October 20, 2010**

**WISH TO ADVERTISE?**

\$40 – Full Page      \$25 – ½ Page  
\$15 – ¼ Page      \$5 – 1/8 Page  
\$20 Website Link

**Make checks to: Friends of Crest**

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)  
**Crest Website:** [www.thecrestsun.com](http://www.thecrestsun.com) **Webmaster:**  
**Karin Weiss** (579-3951)  
email: [webmaster@thecrestsun.com](mailto:webmaster@thecrestsun.com)  
**Information: Chris Seebold** –  
[help@thecrestsun.com](mailto:help@thecrestsun.com) or [Winters72@hotmail.com](mailto:Winters72@hotmail.com)  
(447-5826)

**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)

**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.



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.

TheCrestSun.com webmaster

Call Karin Weiss at  
579-3951 or email [webmaster@thecrestsun.com](mailto:webmaster@thecrestsun.com)

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

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

San Diego's only locally owned and operated Reprographics Company providing total document management since 1972. We manage documents from paper to electronic images and back again.

**Knox Services**

619-230-6300 [www.KnoxServices.com](http://www.KnoxServices.com)

**Total Document Management**

**Call us for a quote for your next copy project!**