

THE BATHRICK BROTHERS BUILDING COMPANY: ANOTHER PASADENA CONNECTION TO KENSINGTON

by Alexandra Wallace
Landmark Historic Preservation
PreserveSanDiego.com

The Kensington neighborhood, particularly the three units of the Kensington Heights subdivision located north of Adams Ave., have many connections to Pasadena. In 1925, the Davis-Baker Company, a Pasadena-based real estate development firm, began to develop the first unit of Kensington Heights with real estate investor and developer George T. Forbes, who lived in Santa Monica before moving to San Diego.

Also based in Pasadena, the Bathrick Brothers Building Company constructed many high-styled Spanish Revival style homes in Kensington and Point Loma during the 1920s and early 1930s. At least 14 Spanish Revival style homes in Pasadena's Windsor Square subdivision, also developed by the Davis-Baker Company starting in 1926, were built by the Bathricks. The brothers worked with several architects, and many of the homes they constructed in Kensington have nearly identical "twin homes" in the cities of Pasadena, Altadena and Santa Monica. One of the architects they often collaborated with was Pasadena architect Albert J. Schroeder, who in the mid- to late 1920s designed a few Kensington homes and the Marl-Dale



San Diego



Altadena

commercial building at the northwest corner of Marlborough Dr. and Hilldale Rd.

Brothers Herbert Redfield Bathrick and Eugene Hawley Bathrick were born in Beaver Dam, Wisconsin in the mid-1880s. In the early 1900's, Herbert moved to Marshfield, Wisconsin where he entered the real estate business, partnering in a firm called Dallendorfer & Bathrick. Herbert's brother Eugene moved to Oregon in the early 1900s, where he was a farmer and cattle rancher.

The brothers reconnected around 1922, when they moved with their wives and children to Pasadena. Their parents, Daniel and Libbie Bathrick, moved with them. Eugene became a real estate agent in 1923, and his father Daniel became a real estate broker. In the 1920s, Daniel was a member of the Pasadena Realty Board along with

Harrison R. Baker of the Davis-Baker Company. This connection may have helped the Bathrick Brothers get the opportunity to build homes in San Diego's newly emerging Kensington Heights subdivision and the adjoining Talmadge Park subdivision.

By 1925, Eugene was working as a building contractor, as was his brother Herbert. Around 1927, the pair began to build homes in San Diego, particularly in Kensington and Point Loma. Herbert's mother-in-law, Minnie Scheibe, often purchased the vacant lots upon which the brothers would then construct homes. The exact reason for this arrangement is not known, but perhaps Minnie had the finances that the brothers lacked so early in their building career, and Minnie possibly received a portion of the profits once a completed house was sold.

In 1927, Herbert Bathrick

constructed his first known home in San Diego. This two-story Spanish Revival residence at 4380 Hilldale Road in Kensington was historically designated in 2006 as the Daniel McConnell / Herbert Bathrick House. For unknown reasons, the home's Notice of Completion only lists Herbert's name as the contractor, and Eugene's role in building this residence was not determined.

Twin Homes. To save on architectural design costs and to save the time needed to design custom homes, builders sometimes replicate a particular home in different cities or different neighborhoods within the same city. This was common when the Bathrick Brothers were active, especially in the 1920s and 1930s before "cookie cutter" tract homes became commonplace. For example, a particular house design could be marketed as unique in both Kensington and a neighborhood

in Pasadena, without this design replication being obvious due to the homes being located in different cities. Twin homes often had subtle differences but appeared essentially the same, were mirror images of each other or were positioned differently on a lot.

Interestingly, many Bathrick Brothers homes in Kensington and Point Loma have "twins" in Pasadena, Altadena and Santa Monica. The brothers constructed the two-story Spanish Revival at 4234 Ridgeway Drive in Kensington for Dr. Edward C. Mann and his wife Betty in 1929. The home was historically designated in 2002 and its design strongly resembles another late 1920s Bathrick Brothers home located at 2116 Craig Ave. in Altadena.

**BATHRICK continued
on page 2**

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**LOCAL ARTIST'S
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And More!

WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



THE CROWN (2016-) 4 SEASONS: (NETFLIX ORIGINAL)

Series Creator: Peter Morgan

Four seasons span the reign of Queen Elizabeth II from her marriage to Prince Philip through the marriage of her son, Prince Charles, to Lady Diana Spencer. The fifth and sixth final seasons will cover Her Majesty's reign into the 21st century. The impressive cast includes the talents of Claire Foy, Matt Smith, Helena Bonham Carter, Jonathan Pryce, John Lithgow, and many others. Elizabeth II is a truly

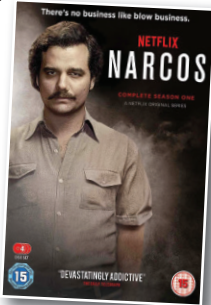


remarkable woman who has experienced more history than any other world leader. It's a binge-worthy series.

NARCOS (2016-) 3 SEASONS: (NETFLIX ORIGINAL)

Series Creators: Chris Brancato/
Carlo Bernard/Doug Miro

Pablo Escobar was one of the most feared and elusive drug dealers in the history of the cartels. This series documents his rise as a distributor in Medellin, Colombia to the leading cocaine manufacturer and distributor of the Western



Hemisphere. After Escobar's death, the powerful Cali cartel expands their reach into the United States. It is a difficult series to watch, but it is very informative as to the power they wield throughout the world.

BOSCH (2016-) (AMAZON PRIME)

Series Creator: Michael Connelly

Harry Bosch is an LA homicide detective. His rogue style of sleuthing combined with a brilliant instinct of discovering clues makes him an asset and a liability. The series faithfully follows the best-selling books written by Connelly whose clever writing and excellent character development has produced 17 books on the Bosch character. The supporting actors are terrific in their roles and really help to engage you in the series. You will love Titus Welliver as the aloof and insightful detective with a penchant for jazz and his privacy. The murders are complicated and



sometimes connect with old cases that were left unsolved. This is a Winnie's Pick. Read the books, as well.

GREENLAND (2020)

Director: Ric Roman Waugh

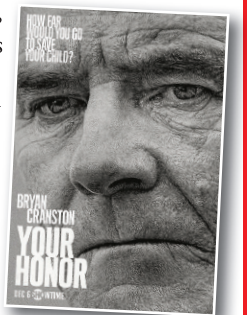
A comet is headed toward Earth and the only way to survive its destruction is to flee as far away as possible from its destined encounter with the planet. A family heads for Greenland, believing it to be a possible safe haven. As with every apocalyptic movie, we see the best and worst of the human race as our characters fight for survival. Irwin Allen made the disaster movies a genre of the 1970s. If man against a cosmic gaseous snowball is your thing, this may be your favorite movie of a rather lackluster 2020.



YOUR HONOR (2020)

Series Creator: Peter Moffat

The Showtime series is based upon an Israeli series *Kvodo*. The concept is identical in plot and circumstance.



In the American series, a judge, portrayed by Bryan Cranston, is a man of impeccable character. His wife has passed away tragically, and he loves his 18-year-old son more than life itself. When a tragedy hits, the judge must choose between losing his family or his honorable reputation. The film was very disturbing to me because the choices the characters made seemed to dig the hole deeper, but what other choice could they make was the real question. Cranston's performance, as usual, is impeccable and really delivers the show. If you can handle self-destructing characters, this may be a series you can endure.

Rich and I are in good health and staying in our home. We wish everyone good health during this crisis.

If you need to purchase a film or make a copy of an event or wedding, please call my son, Guy, at 619-269-6998 or email him at kensingtonvideo.com.

BATHRICK Continued from Front Page

In 1928 the brothers built 5182 Edgware Road in Kensington. Dubbed *Casa Hermosa* ("House Beautiful") by the Davis-Baker Company, it served as a model home in the late 1920s. The hipped roof, window configuration and curved exterior staircase on the right side echoes the Bathrick-built home at 2104 Craig Ave. in the city of Altadena.

Kensington also has at least two Bathrick-built twin homes located in the city of Santa Monica. Interestingly, when real estate investor and developer George T. Forbes purchased over 100 acres of vacant land in modern-day Kensington Heights, he was a resident of Santa Monica. He moved to San Diego in the mid-1920s and began to develop Kensington Heights with the Davis-Baker Company. The two confirmed Kensington-Santa Monica Spanish Revival twin homes are:

- 5191 Hastings Road in Kensington and 1606 Carlyle Ave. in Santa Monica. The brothers built the Kensington version in 1927 for George T. Forbes, and it was historically designated in 2006 as the George T. Forbes Spec House #1.

"At least 14 Spanish Revival style homes in Pasadena's Windsor Square subdivision, also developed by the Davis-Baker Company starting in 1926, were built by the Bathricks"

- 5358 Canterbury Dr. in Kensington and 401 26th St. in Santa Monica. Like the above-mentioned home, 5358 Canterbury Dr. was constructed by the Bathrick Brothers as a speculation house for Forbes in 1929, and it was historically designated in 2013 as the George Forbes Spec House #2.

The Great Depression and Later Years. Although Herbert and Eugene Bathrick continued to work as home builders in Altadena and Pasadena after the Great Depression, no homes built in San Diego after the early 1930s can positively be attributed to them. It is possible that they may have entirely ceased building homes in San Diego

after that period.

Herbert and his wife continued to live in Pasadena and Altadena through the 1940s. His World War II draft registration cards list his occupation as being employed by Altadena Home Builders. It is still unclear if this was Herbert's (and possibly also his brother Eugene's) own construction company or if it was owned by someone else. Herbert died in Los Angeles on August 30, 1951.

Eugene Bathrick still lived in Pasadena in the 1940s and continued to work as a builder, though it is unclear if he worked independently or with his brother. Eugene moved to Annapolis, Maryland in the 1950s and passed away there in October 1975.

In April 2017, the City of San Diego's Historic Resources Board formally recognized the Bathrick Brothers Building Company's skill in constructing stylish yet classically designed, high quality homes and established the company as a Master Builder. Because George T. Forbes and the Davis-Baker Company hired the brothers to build numerous homes in Kensington Heights and Pasadena, they undoubtedly saw these same qualities in Herbert and Eugene Bathrick. ■



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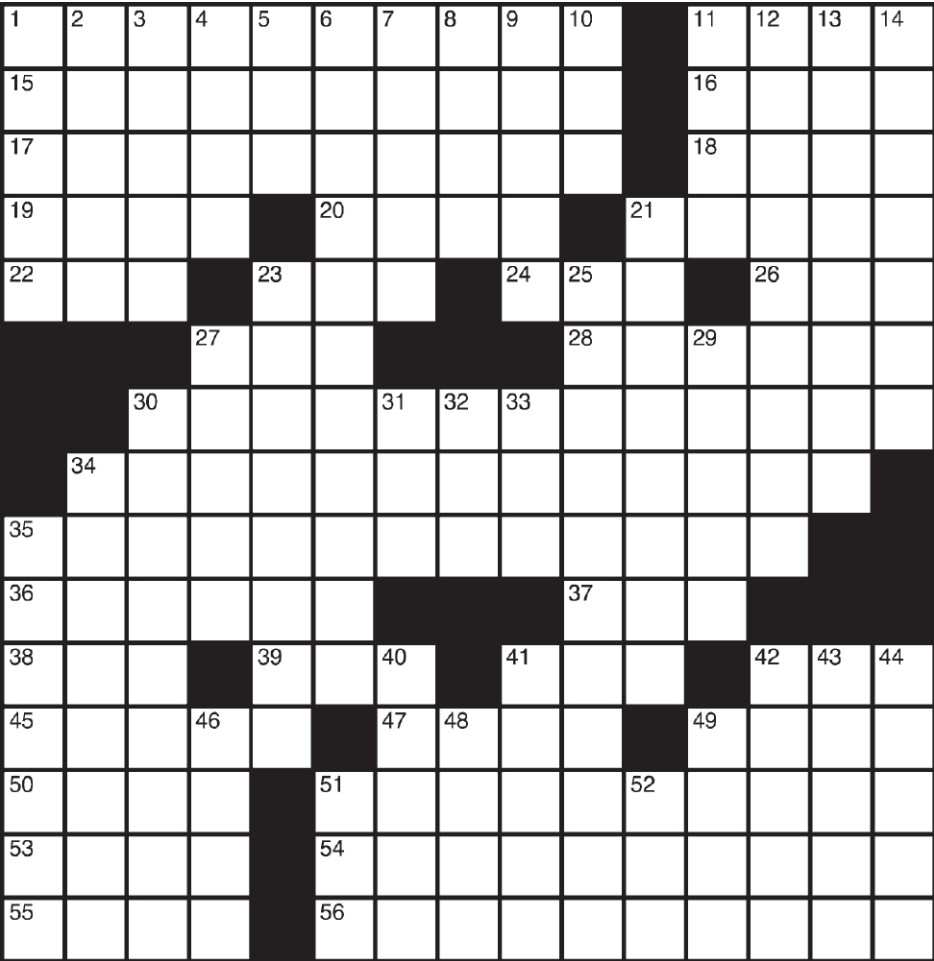
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Kiley Wallace, Architectural Historian: (760) 704-7373
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<http://www.PreserveSanDiego.com>

CROSSWORD PUZZLE



ACROSS

- 1 Cathartic magnesium compound
11 Bygone Bulgarian bigwig
15 Some drag racers
16 Scott of "Arrested Development"
17 Comment denying kinship
18 Bob Ross painted with one
19 Dog follower, maybe
20 "Disturbia" singer, familiarly
21 Raise
22 "The Cocktail Party" monogram
23 Former Carson Daly employer
24 Horn for Parker
26 Where to find Ruth and Aaron: Abbr.
27 West in old movies
28 Small book size
30 Words that contradict what preceded them
34 Perpetual loser
35 Game time?
36 Hydrocodone, e.g.
37 "Too Many Rappers" rapper
38 Holstein's hi?
39 "Flags of Our Fathers" setting, for short
41 Vegas summer hrs.

- 42 Windy City train org.
45 "Baywatch" actor
47 Superman's mom
49 Physics Nobelist the year after Einstein
50 "Count on me!"
51 Came clean
53 "Aww!"
54 Source of some long flows
55 Freezer aisle brand
56 At risk

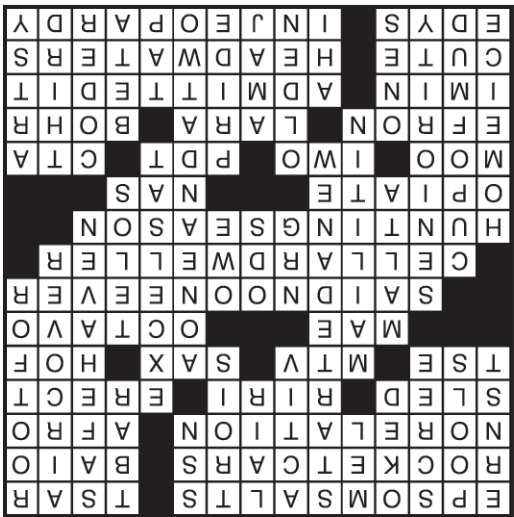
DOWN

- 1 ___ Blofeld, Bond bad guy
2 Combines
3 Slope of loose stones
4 Passed
5 Sideshow ___ of "The Simpsons"
6 Gave it another go
7 When Prospero says, "We are such stuff / As dreams are made on"
8 Hideaway
9 Dix moins sept
10 I-9 ID
11 Uphill aid
12 Sanctuary
13 Protection from planes
14 Support

- 21 Does very well
23 Do the bare minimum
25 Welk intro words
27 Mediterranean country in which English is an official language
29 Final purpose, to Aristotle
30 Factor in committee assignments
31 Houston's ___ Stadium, named for an energy company
32 Has too much, briefly
33 Run a tab, say
34 Coffee, in diner slang
35 Hockey advantage
40 From days past
41 ___ parade
42 Python pro
43 Bronze ordinal
44 Like Taos, say
46 Folks
48 Key of Mozart's clarinet concerto: Abbr.
49 Version to debug
51 Sashimi selection
52 Light knock

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PUZZLE answers



SCRAMBLE										SOLUTION									
H	A	I	R	P	S	A	C	K		R	A	C	K						
C	A	I	R	P	S	A	C	K		O	W	E							
A	I	R	P	S	A	C	K			R	A	C	K						
N	O	I	N	A	C	O	L	A		R	A	C	K						
N	O	I	N	A	C	O	L	A		R	A	C	K						
R	A	C	K							R	A	C	K						
RM SCORE 229.50																			
TOTAL																			
348										58									
RANK 5										D									
RANK 4										A									
RANK 3										R									
RANK 2										C									
RANK 1										104									
1	2	3	7	6	8	5	4	9		1	2	3	7	6	8	5	4	9	
7	9	5	4	1	2	8	3	6		7	9	5	4	1	2	8	3	6	
8	6	4	7	3	9	8	9	7		8	6	4	7	3	9	8	9	7	
9	4	2	7	6	8	9	7	5		9	4	2	7	6	8	9	7	5	
5	2	8	1	9	7	5	4	6		5	2	8	1	9	7	5	4	6	
6	5	3	6	1	2	4	9	7		6	5	3	6	1	2	4	9	7	
3	6	8	2	4	1	2	6	4		3	6	8	2	4	1	2	6	4	
4	7	2	8	6	9	6	3	1		4	7	2	8	6	9	6	3	1	
Answers may vary. On October 1, 2006, the number of the following scrambled letters was 104: A, C, K, R, S, P, I, N, O, L, W, E, H, A, I, R, P, S, A, C, K.																			

HOME INSPECTIONS... WHEN ... WHO ... WHY...?

Probably one of the most important components of buying a home or condo is knowing what you are getting for your money! Today's Real Estate contracts have some "boilerplate" timeframes for items such as inspection and financing. In an offer to purchase you have a couple of options. Accept the contract standard of 17 days from acceptance of your offer, or filling in a different number, with either a shorter time or a longer time. In today's current market typically a slightly shorter timeframe might get your offer chosen over another. Ten days? Fourteen days? Could depend on the number of offers in to help you decide where to go with this. Regardless of the number this is the amount of time you have to do all of your due diligence on inspecting the home with any number of inspectors you choose to use. By the end of that timeframe you need to present to the seller any items you want dealt with as a condition of buying the home and releasing an inspection contingency.

Who should you use? A vast majority of people will



use a general home inspector which invariably will lead to follow up inspections per the report. General inspectors will point things out and perhaps suggest getting a specialist in the area where questionable items show up. Perhaps a plumber, electrician, foundation person or any number of other trade specific people for a given concern. One concept I have promoted with buyers is to bring in specialists from the very

beginning. The caution here is to not engage people looking to just give an estimate on some work. A licensed plumber or electrician or roofer or even a foundation person will conduct an inspection for their area of expertise for a fee. If the property needs a lot of work, this might be a better route to get a more comprehensive view of what you are buying. Estimates will help but they should not be the sole purpose of

whoever visits the property. One inspection that has come into play over the last few years is a camera video of the sewer line. In the older homes in our neighborhoods this is a must do because so many of the sewer lines are still cast iron and while that is not an automatic "needs to be replaced" it does give the perspective home buyer and idea if they may need to deal with this down the line. Contrary to popular belief, replacing cast iron lines is

not always a monumentally expensive job. Many homes have large enough crawl spaces that make this job a bit easier. A good plumber is essential for this.

Regardless of what is disclosed on the seller's Transfer Disclosure Statement, it is the buyer's obligation to conduct any and all inspections to their satisfaction. Something might pop up that the seller is unaware of. Also keep in mind that many of our homes were built in the 1920's and that some components are still functioning and in decent condition and that some systems may need upgrading. It's all part of buying a classic home in a great neighborhood.

Don't let a sewer line deter you! Don't let some minor foundation issues that can be rectified throw you off! Unless it is a catastrophic condition there is always a way to remedy it in escrow. In all my years of selling older homes I can honestly say that I have not had anyone regret their purchase...old pipes and all! ■

Mike Tristani
619-501-4000

YOUR MONEY

Edward Jones

AVOID TAPPING INTO 401(K) EARLY

by David Tam, Edward Jones in Kensington

If you've been contributing for many years to your 401(k) or similar retirement plan, it may be your largest pool of money. So, if you are facing a financial need, you may think about tapping into your account.

After all, it's your money—why not use it? But touching your 401(k) before you retire may not be a good idea, as it can lead to some unwanted consequences.

First, taking funds out of your 401(k) now could increase the risk of running out of money during retirement, which could last for decades.

Also, withdrawals taken from your 401(k) before age 59½ may be taxed as ordinary income and are generally subject to a 10% penalty for early withdrawal, although there are some exceptions. And a sizable taxable withdrawal from your 401(k) could bump you into a higher tax bracket.

Therefore, if you are facing a financial crunch, you may want to explore some options before tapping into your 401(k). For starters, see if you can cut your expenses where possible and explore financial assistance programs that service providers, such as utility companies, might offer.

Also, if you have an emergency fund, now may be the time to use it. For most folks, it's a good idea to keep three to six months' worth of living expenses in such a fund, with the money kept in a liquid, lowrisk account. But even smaller amounts can help in a financial crunch.

You might also find another source of cash in your taxable investment accounts. Any uninvested

cash in these accounts is an easy place to start. You might also look at selling investments to free up some cash. However, before making this decision, you may want to consult with a financial professional to discuss the pros and cons.

Another cash-generating option is a 401(k) loan, assuming your plan permits such loans. Unlike a direct withdrawal, a 401(k) loan is not taxable if it's repaid on time. (If it isn't, you could also incur penalties.) And, although the loan may have some fees, the interest on it will be paid to your account, rather than to a bank. However, you won't earn investment returns on the loan balance, because you can't use this money to invest. And if you leave your job before you've fully repaid the loan, you'll likely have to come up with the remaining balance quickly.

You could also consider using your credit cards to generate cash, but these types of loans or advances can be quite costly. Instead, you may want to look at other possibilities, such as a home equity loan, the cash value of a life insurance policy, the "margin" on your investment accounts or a personal loan. Again, you should talk to a financial professional to discuss the tradeoffs of taking out these loans and to develop a payoff strategy, if you decide to use any of them.

Your 401(k) is a long-term investment designed to meet a long-term goal: your retirement. So, if you think you might require these funds before retirement, explore all alternatives first to find the right decision for your needs. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.





MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						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					

MEMORIAL DAY



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APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <small>APRIL FOOLS DAY</small>	2	3
4	5	6	7	8	9	10
<small>EASTER SUNDAY</small>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



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food high in protein

You’ve seen the ads or worked out next to that person in the gym, the “cut” weightlifter swilling a protein concoction or sharing recovery formulas with a buddy, and wondered if it’s something for you. The fact is protein is important for everyone who is doing any form of exercise—going for runs, playing sports, practicing yoga—not just bodybuilders. Leading professional sports dietitians from professional football, baseball and cycling lay out the connection between protein and physical activity.

WHY PROTEIN?

Athletes and generally active people alike need more nutrients than people who do not exercise regularly. These nutrients include carbohydrates, fat, vitamins, minerals and, yes, protein. Protein is vital for post-workout recovery as it helps repair, build and strengthen muscles and tissues, plus supports the immune system to defend the body against illness.

“When working with athletes, we are constantly trying to make sure they are consuming enough protein to help their bodies recover properly, and to stay healthy and lean,” said Bryan Snyder, director of nutrition for the Denver Broncos. “Protein is extremely important for anyone leading an active lifestyle. Not getting enough can increase the risk of injury, and if you do get injured, it’s going to prevent how long it takes to get back at it.”

When you exercise, you are effectively tearing and breaking muscle fibers apart, which then need to be repaired by the body, which requires protein.

“For muscles to optimally recover, to rebuild fully, we need to provide those muscles with amino acids, the building blocks of protein, in strategic times and amounts,” Scott Sehnert, director of sports performance and sports dietitian for



THE CONNECTION BETWEEN PROTEIN AND EXERCISING

the Dallas Cowboys, explains. “A piece of advice I give to anyone active is that, often, they need quality protein to really help their muscles recover.”

WHAT KIND OF PROTEIN?

As Sehnert alludes, not all protein sources are the same. There are two types: complete and incomplete. Complete proteins are foods that contain all of the nine essential amino acids, which must be consumed in the diet through foods such as meat, fish, eggs and dairy products. Plant-based complete sources include soy, quinoa, chickpeas and pistachios. Incomplete proteins come from vegetables, fruits, beans, and other nuts. The diet pros recommend nutrient-dense, complete protein.

“Regular complete protein intake is important both because protein is not easily stored in the body and because it can only be ingested through food. The body can’t manufacture those

essential amino acids on its own,” said Joey Blake, head team nutritionist for the LA Rams.

Jordan Mazur, coordinator of nutrition for the San Francisco 49ers, agrees. “A good diet guideline overall is to choose foods that are nutrient dense. Pistachios are a good example. Not only are they a source of complete protein, but also contain powerful antioxidants, which can help reduce inflammation and aid in muscle recovery.”

HOW MUCH PROTEIN?

Becci Twombly, sports dietitian for the Los Angeles Angels, has a recommendation on the optimal amount of protein for people leading an active lifestyle. “To fight muscle loss and cell damage, try to get at least 20g of high-quality protein at each meal. High-quality proteins are complete proteins, or those that contain all of the essential amino acids and are minimally processed.

If you aren’t getting enough at mealtime, go for healthy, high-protein snacks.”

Meat, eggs and fish might be the obvious choices at mealtime, but Nigel Mitchell, head of nutrition for the EF Education First pro cycling team and author of The Plant-based Cyclist, said there are bodily benefits to plant-based protein sources even if one isn’t vegan or a vegetarian. “Adding pistachios, soy or quinoa a few times a day can aid in digestive health and in decreasing stress hormones as well. Whatever your taste in protein sources, make sure you get enough for your muscles and overall health. A physically active man weighing approximately 175 lbs. would need 96-128g of protein per day. A physically active woman weighing approximately 150 pounds would need 82-109g.” ■

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— AMERICA'S — TEST KITCHEN



ONE-POT SHRIMP PICCATA PASTA

INGREDIENTS

- 1 pound extra-large shrimp (21 to 25 per pound), peeled, deveined, and tails removed, shells reserved
- 2 1/2 teaspoons table salt, divided
- 1/4 cup extra-virgin olive oil
- 7 garlic cloves, peeled (6 smashed, 1 minced)
- 2 anchovy fillets, rinsed (optional)
- 1/2 cup dry white wine
- 3 1/2 cups water
- 12 ounces (3 1/3 cups) orecchiette
- 1/3 cup chopped fresh parsley
- 2 tablespoons capers, rinsed
- 1/2 teaspoon grated lemon zest plus 1 tablespoon juice
- 1/2 teaspoon red pepper flakes
- Grated Parmesan cheese

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DIRECTIONS | SERVES 4

1. Cut shrimp crosswise into thirds. Sprinkle shrimp with 1/2 teaspoon salt; set aside. Combine reserved shrimp shells, oil, smashed garlic and anchovies, if using, in a large Dutch oven and cook over medium heat until shells are spotty brown, 5 to 7 minutes.
2. Stir in wine and cook until the liquid is nearly evaporated, about 2 minutes. Add water and remaining 2 teaspoons salt, increase heat to high and bring to a boil. Reduce heat to

- medium-low, cover and simmer for 5 minutes.
3. Using a spider skimmer or slotted spoon, remove shells from shrimp stock and transfer to a bowl. (Some garlic cloves may be inadvertently removed at this point; this is OK.) Pour any stock that has accumulated in the bottom of the bowl back into the pot. Discard shells.
4. Stir pasta into stock and bring to a simmer. Cover, reduce heat to medium-low

- and simmer, stirring occasionally, until pasta is al dente, 10 to 14 minutes (some liquid will remain in the bottom of the pot when pasta is al dente).
5. Stir in shrimp and cook, uncovered, until opaque, about 2 minutes, stirring often. Off heat, stir in parsley, capers, lemon zest and juice, pepper flakes and minced garlic. Stir vigorously until the sauce is thickened, about 1 minute. Serve with Parmesan.

KENSINGTON ARTIST JODY ABSSY SHARES HER TALENT!

PRESS RELEASE: GATHERING OF GODDESSES Art Exhibit

CREATIVITY DURING COVID

Not far from my precovid life as a Docent at the Mingei International Museum I hunkered down in my detached studio. Instead of feeling the loss of my students and colleagues, I turned my energies towards bringing contemporary goddesses into focus for all to see. These women are celebrated in cultures around the globe. For the first time in my life I had uninterrupted painting time and I painted with a passion.

I had just completed a painting which depicted 50 ancient goddesses. I decided to honor each of these contemporary goddesses with individual paintings.

WHY GODDESSES?

A goddess embodies a quality that all women have, but that quality is amplified in her. Whether it is merciful kindness, erotic power, a relation to earth energies or seeking justice, whatever attribute the goddess has, it comes into full focus when honoring her.



THE ART

Each goddess is depicted close to life size. The paintings are in acrylic 24 x 36".

The face of most goddesses is the face of a contemporary woman from that culture.

This gives us a better sense of who reveres that goddess today.

The Exhibition: *"Gather ye Goddesses"*

Gallery 21 in Spanish Village in Balboa Park will house all that female energy from March 1 – 21, 2021. Covid precautions will be in place in the gallery. Each viewer will get a catalogue listing the paintings by number and name and a brief story behind the painting. The paintings are for sale. Prints of the goddesses will be forthcoming.

Jody has an aspirational number of 40 to paint. She is still painting and currently working on #32. They will all be on exhibit.

**INTERNATIONAL
WOMEN'S DAY IS
MARCH 8. COME
AND CELEBRATE.**

GALLERY 21

Normal business hours are
10 – 4 daily.

See: www.jodyabssy.com
for a preview of the painting
under the heading *'Inspired
by the Goddess'.*

Contact Jody at
jodyabssy@gmail.com
(619) 988-7205



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sleep health

5 BENEFITS OF WEIGHTED BLANKETS, INCLUDING BETTER SLEEP

Quality sleep is essential to good health, but daily life - the stresses of work and family, too much screen time, caffeine or alcohol - disrupts our body's natural sleep cycle. One tool to promote better sleep is a weighted blanket, but the benefits go beyond sleep. Here are five benefits weighted blankets provide:

HELPS YOU FALL ASLEEP FASTER

Most people know what it's like to toss and turn at night just waiting to fall asleep. According to the National Sleep Foundation, it should take 10-20 minutes to fall asleep. If it takes you more time than that there are steps you can take like adding a weighted blanket to your bedtime routine.

HELPS YOU STAY ASLEEP LONGER

The CDC says adults should get between seven and nine hours of sleep each night. If you're in need of more restful slumber, a product like a Tranquility weighted blanket and its calming pressure can help you sleep more soundly with fewer bouts of restlessness so you wake feeling more rested.



ENHANCES RELAXATION

Weighted blankets offer deep touch pressure, a sensory experience like a soothing hug, which works to relax the nervous system and creates a feeling of calm so you can rest more comfortably. A weighted blanket isn't just for bedtime - it can be used to create a more relaxing experience when you're winding down on the couch or even on a Zoom call.

"Research shows that

weighted blankets can help with better relaxation and sleep, two things that are critical to overall health," says wellness expert Jamie Hess of NYCfitfam. "It's important to take care of yourself, both mentally and physically and I've found adding a Tranquility weighted blanket to my daily routine helps me reclaim my calm."

PROVIDES COMFORT

Many Americans experience

stress and anxiety with daily life, and since the onset of COVID-19, more Americans than ever are experiencing these emotions. If someone you know is going through a rough patch, giving the soothing comfort of a weighted blanket can be a thoughtful and personal way to show you care.

MAKES A THOUGHTFUL GIFT FOR GIVING

A weighted blanket can

make a great gift for anyone in your life, especially when people may not be gathering like they typically do. Cozy Tranquility weighted blankets are an affordable gift option for everyone on your list.

If you have been on the fence about trying a weighted blanket, these are some reasons to consider this soothing, sleep-inducing comfort. ■

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bonding with pets

THE PET EFFECT: FACTS ABOUT THE INCREDIBLE HUMAN-ANIMAL BOND

Do you ever notice how fulfilled you feel when you spend time with your pet? How your pet can inspire joy while also somehow helping you feel less stressed? Or maybe you are thinking of getting a pet hoping for companionship, affection and love? These and many more positives are the result of the pet effect, also known as the human-animal bond. "Science supports that the pet effect is real for people of all ages," says PetSmart Charities President Aimee Gilbreath. "However, you don't need research to see for yourself the benefits a pet can bring a family. Adopting a pet is a life-changing experience. The human-animal bond is a profound thing and many people consider their pets members of the family and welcomingly embrace the many positives they provide." Aimee Gilbreath, President of PetSmart Charities, shares some of the top benefits and interesting facts about the pet effect:

OWNING A PET HAS MENTAL AND PHYSICAL BENEFITS

Scientific evidence supporting the emotional health advantages of pet

relationships is growing. Pets and therapy animals have been shown to help alleviate stress, anxiety, depression, loneliness and social isolation. For example, a study by the Human Animal Bond Research Institute (HABRI) and Cohen Research Group found 74% of pet owners reported mental health improvements from pet ownership and 54% of pet owners reported physical health improvements from pet ownership.

PET OWNERSHIP REDUCES U.S. HEALTH CARE COSTS

About 80 million U.S. households have pets, according to the HABRI Foundation, and that pet ownership has saved the U.S. health care system an estimated \$11.7 billion. The largest savings was determined based on a lower incidence of physician office visits by pet owners as compared to non-owners. Additional savings were calculated for increased physical activity for pet owners, such as dog owners who walk their dog five or more times a week.

PETS PROVIDE SECURITY DURING TIMES OF STRESS

A Purdue University study found

animal-assisted therapies can help provide diversion from anxiety-inducing medical experiences, providing a sense of security, while also encouraging interaction and activity often critical for healing. Something as simple as an affectionate nuzzle or a wag of a tail from a therapy animal can decrease stress and anxiety for patients and the hospital staff. When at home, your own pet can provide a sense of security and peace to help manage stress and anxiety, too.

PETS PROVIDE COMPANIONSHIP, ESPECIALLY DURING TIMES OF ISOLATION

Companionship is a top reason people own pets. During times of increased isolation such as quarantine and social distancing, this is particularly important. An additional study by HABRI found that pets are part of the solution to social isolation and loneliness, a growing public health epidemic, even before the COVID-19 pandemic. Around 85% of respondents agree that interaction with pets help reduce loneliness and 76% agree that human-pet interactions can help



address social isolation, followed by 72% who believe that human-animal interaction is good for their community.

ORGANIZATIONS ARE STEPPING UP TO SUPPORT PET OWNERSHIP

Realizing the many benefits of pet ownership, some organizations are doing their part to support the pet effect. For example, PetSmart Charities is providing grants supporting nearly 4,000 animal welfare organizations across the U.S., Canada and Puerto Rico to provide shelter, socialization and

veterinary care to homeless pets to prepare them for adoption, as well as providing resources to help keep pets and the people that love them together. Since 2012, PetSmart Charities have committed nearly \$4 million in grants to support change making local animal welfare organizations across North America. The largest savings was determined based on a lower incidence of physician office visits by pet owners as compared to non-owners. ■

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HOW TO ARRANGE FURNITURE: NO-FAIL TRICKS

by Kathryn Weber

No matter if your rooms are big or small, having the right furniture arrangement will make them more enjoyable. Check out these tricks for arranging furniture to meet everyone's needs.

FACE THE VIEW

If you're not sure how to arrange furniture in a living room, orient seating so it takes advantage of whatever view your room has to offer, whether it's a TV or a bank of windows. Create your own focal point by hanging a large piece of art on a wall or create a vignette of favorite objects on a console or bookshelf.

Arrange seating for fireside chats. For face-to-face chats, place seating no more than 8 feet apart. In a large living room, use furniture to create comfortable islands. Face two sofas in the center of a room and place a group of chairs and side tables at one end to create a separate conversation area.

Leave room to move. One of the secrets to learning how to arrange furniture is making sure you leave enough space between pieces. Allow 30 inches between furniture you need to be able to walk around and 14 to 18 inches between a coffee table and sofa, so drinks are within reaching distance.

Use the right side tables for your space. Use round pedestal tables as side tables between chairs and sofas. The curves of round tables make them

easier to navigate around. When space is tight, use nesting tables for flexible use when needed.

Think about lighting. Lighting is a key factor in the overall mood of your room. Windows let in ample natural light, while chandeliers, sconces and lamps keep the room bright at night. Install in-floor electrical outlets to service floating furniture arrangements.

Get your TV right. The No. 1 tip when learning how to arrange living room furniture with a TV? Place the television so the screen faces away from the sunlight. The viewing distance for a standard TV is 8 to 12 feet, and the best viewing angle is not more than 30 degrees. For traffic flow, create paths that flow behind viewers and not between them and the screen.

CONSIDER ALL OPTIONS FOR THE BEDROOM

Don't be afraid to give your bed a slightly unusual placement, such as in front of a window, if it will help you maximize space. Every space is a little bit different, so it's important to play around with arranging bedroom furniture until you find the optimal layout.

Adjust furniture by size. In a small bedroom, use fewer furniture pieces of a slightly larger scale to maximize floor space. Opt for tall pieces, such as this armoire, that add volume in a smaller footprint.

Add comfort to the bedroom. For an extra-cozy space, place a bench



at the foot of the bed or a small-scale armchair in a corner for bedroom seating. Consider placing a chair next to a bedside table. The chair and bed can share the nightstand. If there isn't room next to the nightstand, pair the chair with a small garden stool, which will serve as a small table without occupying much space.

Select the right-size bed. It's possible to use a larger bed if you don't need a lot of storage furniture. Also, consider the visual weight of your headboard. If the bed is slightly large for the room, opt for a visually lighter headboard, such as one that features metal scrollwork. A solid headboard consumes more visual space, and taller, heavier headboards work best in bigger bedrooms or bedrooms with tall ceilings.

CONSIDER HOW YOU USE YOUR DINING ROOM

How do you use your dining room? For family-style meals or buffet-style serving? Make furniture choices that support your needs.

Then, arrange furniture in a room-appropriate layout.

Buy the right-size table. For optimal dining room arrangement, be sure to allow a minimum of 36 inches from the table to the wall on all sides. Position the table so traffic flows smoothly around it and chairs have plenty of space to slide out.

Stay functional in the dining room. Make the most of square footage with a wall of shelves that provide storage for the dining room's alternative uses—office supplies, games and crafts—or dining extras such as china, linens and barware.

Light up your dining room the right way. Choose and place lighting that adapts to the room's functions. For example, hang the chandelier with extra cord length so it can be adjusted for homework or dining. Use dimmer switches, lamps and sconces to set the mood for the occasion. ■

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ENVIRONMENT

design & decor

7 TIPS FOR ARRANGING, ORGANIZING AND DECORATING BOOKSHELVES

by BHG.com

Bookshelves do double duty as storage space for books and display space for accessories. These tips and styling ideas will help you decorate your bookshelves so they are both fully functional and pleasing to the eye.

1. KEEP IT SIMPLE

For picture-perfect bookcase decorating, resist the urge to pack in accessories on every shelf. Keep a clean look by choosing a one-color or tone-on-tone scheme for vases and figurines, and make sure to mix up shapes. Every so often, step back to assess the overall balance of your arrangement. Place items off-center or try larger or smaller ones until you like what you see.

2. GO BEYOND BASIC BOOKENDS

Use heavy, sturdy decor as a bookend to keep shelves neat and organized. Bookends especially come in handy for paperbacks and slimmer books that are less likely to stay upright. Bold-color accessories and picture frames make great bookends and help the decor stand out on shelves. To add interest to your book



collection, alternate stacking books horizontally and vertically.

3. REMEMBER THAT LESS IS MORE

Mod decor shelves call for a sparse look, so group together a small set of books that are all of fairly uniform size. Accessorize with streamlined vases and metallic decor, leaving lots

of open space on shelves to let the accessories shine through. Give the whole shelving unit a pop with a smart-color backdrop.

4. USE SOME SYMMETRY

To give office bookshelves an organized feel, gather a wide variety of collectibles. Place your chosen

items between books, creating loose symmetry. If you have a picture frame or square shape in one shelf, mirror it with a collectible of a similar shape and size on the opposite side.

5. CONSIDER COLORS

Carry your color scheme onto your bookshelf to give the room a

sense of unity. For instance, choose accessories for the shelves that match the light blue of a nearby throw pillow. If your book spines lack visual style, decorate bookshelves by painting them a vibrant contrasting color to draw focus.

6. CREATE EYE-CATCHING ARRANGEMENTS

For a display-worthy decorative bookcase, organize books and decor on staggered shelving. Shelves become even more interesting with uneven rows and columns. For a living room bookshelf, place the most attention-grabbing titles and artwork at eye level for guests to peruse.

7. MAKE SHELVES WORK FOR YOU

Decor shelves are great tools to keep a workroom organized. Slip magazine holders on open shelves to hold loose papers. Storage boxes conceal clutter and can be a bold color to look more exciting. Use decorative containers and flea market finds to finish off bookshelf decor and plant containers. ■

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Mike's Recent Market Activity

Kensington ~ Talmadge



KENSINGTON! • 5108 Canterbury Drive

Spanish! Beautifully remodeled throughout this stately two story has four bedrooms and three and one half baths and is just under 3,000 sf. The master suite upstairs is luxurious and expansive with a balcony overlooking the neighborhood. Private yard and a two car garage. Perfection in the landscaping too!

Offered at \$1,795,000



KENSINGTON! • 4840 East Alder Drive

Classic Spanish two bedroom two bath in meticulous condition. Gorgeous hardwoods, new windows, updated kitchen and baths along with forced air heating and cooling! The yard is pool sized which would allow for expansion of the floor plan or an additional dwelling unit and a pool!

Offered at \$1,050,000



KENSINGTON! 4124 Norfolk Terrace

In the middle of Kensington this two bedroom plus family room two bath Classic Spanish is on a large usable lot. Beautiful hardwoods, vintage main bath, central heat and air and the family room is easily transformed into a third bedroom. Headed for Historical Designation!

Closed at \$1,250,000



KENSINGTON! 4875 East Alder Drive

Courtyard Classic Spanish Hacienda with three bedrooms and an office with beautiful overhanging patio coverings creating a comfortable outdoor area. Formal LR and DR with a very open feel to the floor plan. This home is Historically Designated and slated for the Mills Act this year!

Closed at \$1,625,000 (Represented Buyer)



TALMADGE! 4742 Lorraine Drive

Single story Canyon Home! Three bedrooms two baths, an open floor plan and French doors that cantilever open to the spectacular canyon view! Galley kitchen with separate laundry, covered patio and well into the middle of Talmadge!

Closed at \$900,000



TALMADGE! 4552 47th Street

Cosmetic fixer! Two bedroom Classic Talmadge home with large formal LR and DR. eat in kitchen and hardwoods. Bonus detached studio with significant potential for several uses. Oversized garage will accommodate an RV. I also represented the seller of this home over 23years ago as the owner builder from the 1940's!

Closed at \$675,000

2021...WILL IT BE A REPEAT OF 2020?

So far this year the market remains strong although with limited supply which continues to feed a "sellers market."

I have buyers in a variety of price points and configurations. It takes a skilled agent to navigate multiple offers and to facilitate transactions in this hectic market!

Put my extensive and deep rooted Kensington experience to work for you.



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If your home is currently listed for sale, please excuse my proactive marketing. It is not my intention to solicit the listings of other brokers.