

CURIOUS ABOUT THE PAST? THE HANFORD’S STORY.

MOVING FROM ST. LOUIS TO KENSINGTON 58 YEARS AGO,
OPENING KENSINGTON VIDEO STORE 37 YEARS AGO.

by Zoraida Payne

In the 60’s California became the nation’s most populous state. The diversified and booming economy post WWII, as well as the pleasant San Diego weather in mid February caught the attention of the St. Louis based Hanford family. After a family trip to visit Mrs. Winnie Hanford’s brother, Jim Sullivan and his family in their Kensington home in the early 60s, Winnie and Rich Hanford decided to set residence in California. They packed their belongings into their Ford Station Wagon and moved with their two children–Guy and Pam–from Maryland Heights in St. Louis, Missouri to their new home in Southern California... Kensington!

The first residence of the Hanfords was the apartment located at 4479 Marlborough Drive. The monthly rate, back in 1963, was

only \$60 a month! Soon after they moved to a house located on 4688 Vista St. They purchased a great new place not too far away, 4644 Marlborough Drive, in 1965, marketed at \$16,000.

While Rich worked as a food brokerage, Winnie opened Kensington Gift store at 4061 Adams Avenue in 1984. Known as the Hallmark store by the neighbors, given that it carried the brand-name, high-end cards, as well as elegant pens, special wood carvings, and collectibles. The children attended the local public school.

There is a fun little story Guy likes to share about when he was a teenager going to Hoover High. He had the unique experience of going through the tunnel under El Cajon Boulevard before it was closed off! Most people never got to experience this San Diego adventure. In ninth grade, he started the job that made a profound impact on his life: the



Rich, Winnie, and Guy Hanford (pictured in order from left to right), proud owners of Kensington Video store. Pam (not in the picture) was also part of the enthusiastic team



The store-front on 4061 Adams Avenue days after closing.

daily cleaning of Ken Cinema. Working at the cinema, he received a dollar a night, free popcorn, and free movies if he arrived early. Since Ken Cinema showed foreign films, he was watching movies with subtitles. Guy recalls being taken aback when he saw the subtitles on the screen, he remembered thinking, “Americans don’t do that.” Luckily, he decided to give these foreign films a try, allowing him to deepen his knowledge and appreciation of film.

Guy also helped his family with

the weekly Thursday delivery of The Independent, and later on, distributed the San Diego Union every morning. He would get up at 5:30 a.m., get the newspapers from the distributor, fold them, seal them with his previously purchased plastic bags and rubber bands, and started his route of 100 homes. Later on, in college, Guy received his teaching credentials, and today, he continues teaching at St. Didacus as a math teacher.

He worked as a teacher throughout his adult life, but he

was always a passionate movie enthusiast. This passion was ignited by his earlier cleaning experience at Ken Cinema. In 1976, eight years after the first national video store was opened by George Atkinson in Los Angeles, Guy envisioned a similar store opening up in Kensington one day. He mentioned this idea to his parents and in April 1984, Kensington Video Store came to be. They opened this new hub

**HANFORD continued
on page 2**

PRESORTED STD
U.S. POSTAGE
PAID
GREENFIELD, IN
PERMIT NO. 67

MetroView is Brought to You By



INSIDE THIS ISSUE:



**CROSSWORD,
SUDOKU & MORE!**
Puzzles & Games - Page 4



CARMEL POPCORN
Food & Spirits
Page 8



MARKET VIEW
Page 12



REAL ESTATE 101
Page 5



**HISTORICALLY
SPEAKING**
Page 11

And More!

WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



HACKS - SEASON 1 (2021)

Created by Lucia Aniello, Paul W. Downs, Jen Statsky

Nearing the end of her legendary career, Deborah Vance, is trying to maintain her stardom on the Las Vegas Strip. A writer, whose one joke, quickly made her a toxic employee in the industry is trying to salvage her hiring boycott. What they have in common is the same talent agent who is trying to save each of them by combining their talents. The problem is not only an age gap, but each one is very independent, has no filter, and



doesn't like the pairing. Somehow this mismatch becomes a hilarious duo. Jean Smart is superb as a Joan Rivers type stand-up comedienne, and Hannah Einbinder as the young writer whose personal life sometimes overshadows her professional life is a perfect foil to her boss. It's irreverent, clever, and worthy of your time.

STARTUP (2016-2018)

Created by Ben Katai

A young woman is skilled at coding, hacking, and everything regarding the net. She has worked eight years on a program



that would rival Bitcoin, but she needs the financial backing to get it going. A money launderer has left a thumb drive with his bank accounts of the criminal underworld. This money gets used as a startup and one of the criminals comes for the money that has already been spent. The coder, the banker, and the criminal join forces to launch a GenCoin app but now the Russian mafia gets involved. This is a rollercoaster ride of evil forces, computer hackers, the NSA, the CIA, Haitian mobsters, Cuban police, and much more. It's a binge-worthy series on Netflix.

MARE OF EASTTOWN (7 EPISODES) (2021)

Created by Brad Ingelsby - HBO original series

Kate Winslet is a detective in a small Pennsylvania town where everyone knows everybody. She is haunted by an unsolved case involving a disappearing teen. When a murder of another



teen takes place, the town thinks they may have a serial killer in their midst. It's an exciting series involving a lot of twists and turns with the typical gossip, substance abuse, deviancy, and dysfunctionality that can occur in any community.

THE OA (2 PARTS 2016-2019)

Created by Brit Marlin and Zal Matmanglij

A young woman returns to her parents after she was missing for seven years. When she disappeared, she was blind but can now see. She has unexplainable scars on her back and refers to herself as OA (the Original Angel). She refuses to tell anyone about her missing years until she entrusts five local boys with the experience. Her goal is to rescue other missing people, but the boys must trust and obey her regarding a portal that leads to another dimension of time. If you enjoy sci-fi and mystery, this series may be just right for you.



GIZMO (1977)

Produced &

Directed by Howard Smith

In the early 1900s, America was at the height of new inventions and daring feats. This documentary chronicles some of the earliest inventions and crazy antics of people. We will see people trying to fly with wings attached to their arms. People will sit on chairs that are balanced on steel beams thirty stories from the ground. A man will stop a cannonball with his stomach, and another will play a tune from strumming his nose. This documentary is filled with actual footage of all of these antics. It's fast-paced and highly entertaining. It's a Winnie's Pick, for sure.



Winnie and Rich just celebrated 75 years of marriage.



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.

HANFORD Continued from Front Page

inside his mother's already existing Kensington Gift Shop.

The Hanford family opened the Kensington video store with 250 titles and 500 printed membership cards. When recalling the cards, Guy exclaimed, "We were thinking that they were going to last a lifetime, though they lasted less than five months; we were signing 100 members a month forever." The \$10 membership gave 2 nights rental for \$2.50, while the nonmember was \$4 for one night. The rental length for enjoying the title at home changed over time, but the novel experience of bringing movies home transformed the habits of consumers forever. For the first time, the client was able to choose what and when to watch a film. Due to the digital revolution the visit to the video store is no more. That does not mean that the collection of 70,000 titles has disappeared. With a twinkle in his eyes, Guy shared: "I have a three car garage packed with Kensington Video memories."

Since its opening until its closing in 2015, wandering the aisles filled with rental spools of magnetic tape, DVDs and Blu-rays, was a thrilling Friday night outing. Ideally, your desired title was still available, but if not, the expert owners could give you another idea, or the guarantee that upon the precious title's return, a call from your local video store to your home will announce your chance to go back to get it. This was one of Winnie and the team's personal touches. Another one was Guy's curiosity to learn from his clients' stories and share his thorough knowledge of the neighborhood. Knowledge he gained during his five-years as a newspaper boy riding his 1964 Schwinn bicycle; which he purchased at a pricey \$70!

Moreover, a visit to the video store to rent or return the rewind videotape was always accompanied by the currently obsolete warning, "Rewind or a fee could be applied."

Kensington Video store was a "Mom and Pop" business that helped define and make the neighborhood known. The recipe for the entire team was long workdays, active and generous participation in the community, and robust cinematographic advice based on in-depth knowledge delivered with care. All of them were led by their representative Winnie. Nowadays, Winnie (93) continues to write her movies' recommendations in this

Community Journal under "Winnie's Picks". Clearly, for all of their clients and to the readers of this article, their entrepreneurial video journey made a difference well beyond the Kensington community. ■

About the Author: Zoraida Payne, originally from Argentina, has been a Kensington resident with her husband and three kids since 1997. She is a former Spanish teacher who went back to school and got her Master's in History at SDSU. She has been contributing as a historical researcher and docent at Coronado Historical Association since 2015.



This plentiful scene encapsulates the leading face of the store—Winnie cleaning and working—within the enticing titles, posters, candies, and memorabilia that tempted customers during their visit.

MetroView

Is Brought to You by...



Successfully Selling Metro
San Diego Since 1979!



Mike Tristani

Direct Line: 619-501-4000

E-mail: mtris@mac.com

Web Site: www.MetroSanDiego.com

License: BRE #00713715

discover
PUBLICATIONS
Become a household name®

6425 Busch Blvd.,
Columbus, OH 43229
877.872.3080
www.DiscoverPubs.com

Sudoku, Scrabble, Articles, Etc. distributed by Tribune Media Services.

© 2021 by Discover Publications, Inc. All rights reserved.



Leaving Your Employer? Understand Your 401(k) Options.

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call today.



David S. Tam, AAMS®
Financial Advisor

4134 Adams Avenue Suite 104
San Diego, CA 92116
619-521-1343

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



Bruce Hofbauer, Agent
Insurance Lic#: OC85311
12396 World Trade Dr.
San Diego, CA 92128
Bus: 858-679-2880

**Give your home
the protection
it deserves.**

Your home is where you make
some of your best memories,
and that's worth protecting.
I'm here to help.

LET'S TALK TODAY.



State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX

1708136

VILLA & MISSION IMPORTS

OVER 250 DIFFERENT TERRACOTTA TILES -
MANY COLORS, SHAPES AND SIZES



CUSTOM MATERIALS - INDOOR AND OUTDOOR FOUNTAINS
COLUMNS • BALUSTERS • TRIMS • FIRE PIST • WALL CAP AND PIER CAPS

WE WILL WORK TO MAKE YOUR LOOK

- Spanish, French Provincial, Old World, Italian, Mediterranean, Modern, Contemporary or Classical
- Custom Covered Mantals, Fountains and Trim
- Stone: Cantera, Adoquin, Limestone, Travertine, Recinto, Porphyry
- Talavera: Hand Painted Tiles: Non-Lead Available
- Street Numbers and Hand-Painted Plaques
- AutoCAD Provided



1815 MORENA BLVD SAN DIEGO CA 92110
888-874-8769 | www.VILLAANDMISSIONIMPORTS.COM

WE ARE BACK IN THE KITCHEN!

TRYING OUT SOMETHING NEW!



Hanna's Kitchen
At Home

Go Fresh
&
Cook Less!

Concept

Dinner solutions for the home. Weekly Meal kit. Small batch made to order. Ready made;
• Dinners
• Sauces
• Stews
• Sides & More!

Benefits

- Zero Prep
- Zero cooking
- Zero planning
- Option to purchase a la Carte Sauces, Stews and Sides
- Perfect for those working from home.
- Great to gift parents, and those unable to cook for themselves

How It Works

- Online ordering only
- Choose your own meals, sauces...etc.
- Minimum order \$70
- Cut off day to order is Thursday
- Pick up day is Sunday 2PM - 6PM
- Heat, Share & Enjoy!

Our Start

I started as a caterer and a personal chef. You could say we stumbled into the restaurant business, and here we are twelve years later. Thanks to our loyal customers and the community that supported us from day one!

Covid & Us

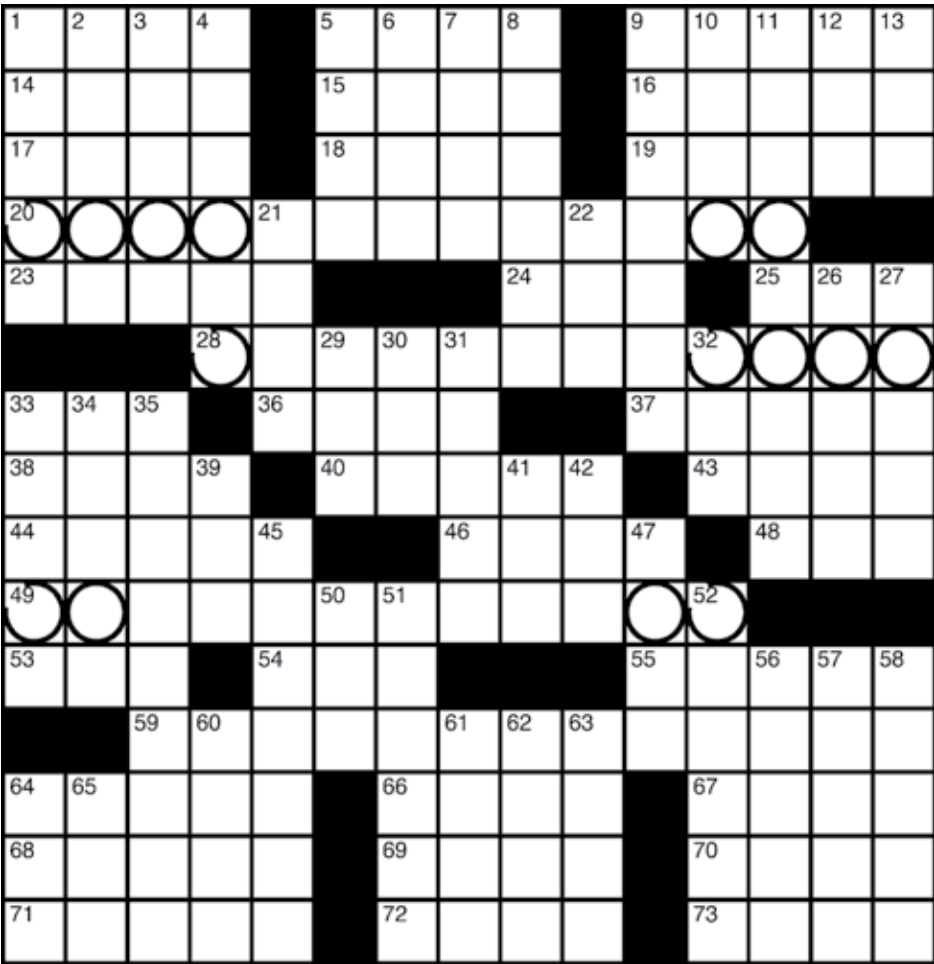
Covid-19 changed our lives—for good and bad. As the saying goes, "Necessity is the mother of invention," out of necessity we met the needs of those that couldn't be out shopping or be out for a daily to go meals. We also met the need of those working from home thus do not have time to shop or even cook a meal! So ready made weekly meals to go was created! It also helped us afloat and kept us stay safe in this "Twilight Zone" times!

Our Future Post Covid

We are trying to find our balance, and assess the future and obstacles of the restaurant business. Our customers overwhelmingly want us to keep our meal kits! But how do we balance it with dine in service? By creating a new, well not-so-new to us ... family style dinners for family and friends and private events, When covid finally settles down, we will also resume our brunch with a new concept!

SUPPORT US BY TELLING YOUR FRIENDS & FAMILY OR SHARE ON SOCIAL MEDIA.
www.HANNASGOURMETSD.com

CROSSWORD
PUZZLE



ACROSS

- 1 Potentially insensitive, briefly
- 5 Police
- 9 ABBA's "___ Mia!"
- 14 Vidal's Breckinridge
- 15 Pequod captain
- 16 Native Nebraskans
- 17 Plenty
- 18 Islamic branch
- 19 Transports by truck
- 20 Winding, hilly thoroughfares
- 23 Gandhi's land
- 24 Like oysters on the half shell
- 25 French water
- 28 Not kid around
- 33 IV amounts
- 36 List-shortening abbr.
- 37 Italics feature
- 38 Walter White shaved his off
- 40 In contention (for)
- 43 On the house
- 44 Aimée of "La Dolce Vita"
- 46 Dmitri's dissent
- 48 In low spirits
- 49 Traitorous spies
- 53 Driver's license info
- 54 Wayside stop
- 55 One-up
- 59 Halloween discards, and what the three sets of circles represent?
- 64 "Dallas" surname

- 66 Solid precipitation
- 67 Backside in a fall?
- 68 Long-shot rags-to-riches enabler
- 69 Ices, mob-style
- 70 Girl in a Salinger story
- 71 Enter on a laptop
- 72 Italian eight
- 73 Sweetheart

DOWN

- 1 Savory taste first identified in Tokyo
- 2 Carpet synthetic
- 3 ___ as a peacock
- 4 Tabby stimulant
- 5 José's house
- 6 "Fancy meeting you here!"
- 7 "No ___, no gain"
- 8 Mall pizza chain
- 9 Goth hairstyles
- 10 Opposite of 17-Across
- 11 Headpiece for kids in Mickey's TV club
- 12 Filmmaker Brooks
- 13 Biblical beast of burden
- 21 Yarn
- 22 Boating blade
- 26 Sleep concern
- 27 "¿Cómo está ___?"
- 29 Dune buggy, briefly
- 30 "We did it!"

- 31 Throw wildly
- 32 North Pole toymaker
- 33 "Hanging" problems in the 2000 election
- 34 Algonquin transport
- 35 Iowa port on the Lewis and Clark Trail
- 39 Coax (out), as a genie
- 41 "Science Guy" Bill
- 42 Title for DDE
- 45 Fictional language spoken by Sheldon and Leonard on "The Big Bang Theory"
- 47 Sporty car roof
- 50 Wind up
- 51 Slangy "Movin' right along ..."
- 52 Had a late meal
- 56 Not long-winded
- 57 Daytime soap, e.g.
- 58 Big name in blenders
- 60 Opposed to
- 61 Float like a feather in the breeze
- 62 Breakup
- 63 "Let me add ..."
- 64 Yellowstone grazers
- 65 Misery

© 2021 Distributed by Tribune Content Agency, LLC.

PUZZLE
answers



Table with 10 columns and 10 rows containing puzzle solutions and scores.

SCRABBLE GRAMS

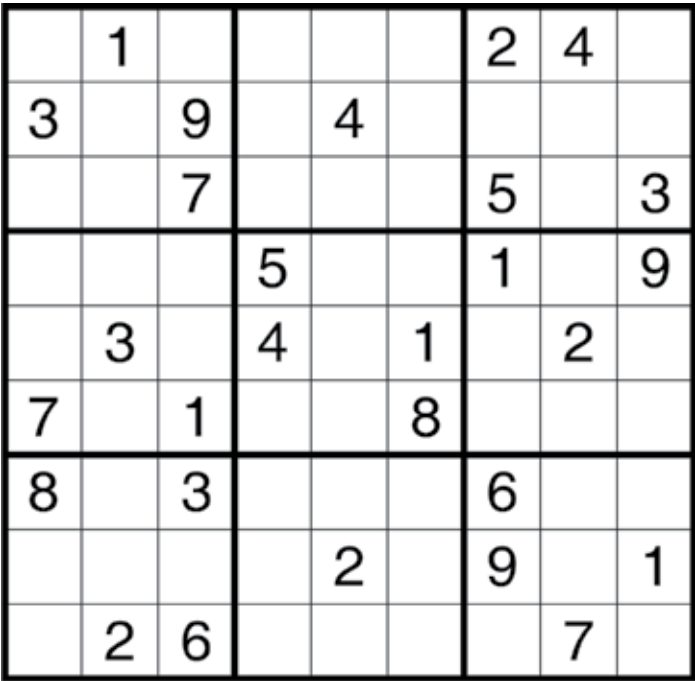
Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2020 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

SCRABBLE game board layout with racks 1-5 and scoring directions.

PAR SCORE 200-210
BEST SCORE 295
FIVE RACK TOTAL
TIME LIMIT: 25 MIN
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

Sudoku

created by Crosswords Ltd.



Word Search - Zodiac Signs



- LIBRA
- ZODIAC
- AQUARIUS
- CANCER
- ARIES
- SAGITTARIUS
- TWELVE
- PISCES
- TAURUS
- SCORPIO
- LEO
- VIRGO
- CAPRICORN
- GEMINI

JUMBLE

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

Jumble word game interface showing TUGRN, ABSIS, CFEETF, and NDAYIT with letter selection options.



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

©2021 Distributed by Tribune Content Agency, LLC.



OPEN HOUSES ARE BACK!

This information is from the California Association of Realtors:

Q1. Will there be any restrictions on open houses or showings?

A1. The only legal restriction will be for wearing masks, otherwise there will be no restrictions. No physical distancing will be required for attendees, guests and customers. No cleaning. No posted rules of entry. And no PEADs or any other type of sign in. No one will have to agree to an office prevention plan. No one will have to attest to their current health status.

Q2. What will the rule be for wearing masks?

A2. The rule is: People must wear a mask indoors unless they are fully vaccinated. This follows the CDPH Guidance for Face Coverings (last updated on June 9, 2021). For fully vaccinated persons, it will make no difference that other unvaccinated persons are

present indoors. As long as a person is fully vaccinated, that person need not wear a mask.

Q3. Are there any exceptions from the mask wearing requirements?

A3: Yes. The following individuals are exempt from wearing masks:

- Two-year-old children or younger.
- Persons with a medical condition, mental health condition, or disability that prevents wearing a mask, or are otherwise unable to remove a mask without assistance. For example, a person for whom wearing a mask could obstruct breathing.
- Hearing impaired persons who need to see the whole face for communication or be understood.
- Persons whose work exempts them by law.

Looking forward to seeing our community again at future open houses! ■

Mike Tristani
619-501-4000

HOME VALUES AND PRICING IN A VIBRANT MARKET

...OR WHAT NOT TO DO TO THE SELLER!

It has been a crazy and extremely dynamic market over the last several months. No one can deny that! Here are some questions sellers might ask as they seek to properly price their home.

CAN MY LISTING AGENT INFLUENCE HOW MUCH OVER MY LIST PRICE I WILL RECEIVE?

Only by artificially listing at a below market price. Then the illusion that the agent “got more for the seller” comes to light. Of course you got more because you started lower than market to attract the multiple offers! I’ve seen it happen... In today’s market pricing at CURRENT market level will still, in many cases, produce multiple offers and most of them over the list price. The reality is that the MARKET has been deciding where pricing is going by virtue of multiple offers on very few listings, not the agent. The feeding frenzy is throughout most neighborhoods and buyers seem willing to pay higher prices than ever before. I’ve had high offers from agents without any conversation about how many offers are on the property. Buyers just had to have it! Price it properly according to current comparable sales and you will get what the market will bear.

HOW DO I KNOW MY AGENT WILL HANDLE MULTIPLE OFFERS PROPERLY AND GET ME THE BEST CASE SCENARIO FOR AN ESCROW?

By being present. Present for all showings whether occupied or not. How else will the agent be aware of how the showings are going and what is being said? When you are faced with four, five, six or more offers having that knowledge as an agent is paramount in helping the seller make a smart decision. It also helps to determine who might be a good back up offer candidate. Knowing how the buyers agent showed the house is also helpful. Your agent should not just throw on a lockbox and let it all just happen, even after COVID restrictions relax.

CAN’T I JUST LIST IT AT WHAT ZILLOW OR REDFIN SAYS?

If you want to potentially lose several thousand dollars then go for it! Otherwise choose someone who knows the market, sells a lot of the market (many of them multiple times over) and have them give you an assessment of true market value. I’ve seen some out of area agents come in and list at low values because they just do not know the market... especially this one.

Uncle Fred who lives in Escondido and sells mostly North County Inland will know how to price my Kensington home... Won’t he?

Mike Tristani

Edward Jones

*by David Tam,
Edward Jones in Kensington*

Now that we’ve gained at least some space from the COVID-19 pandemic, summer travel is heating up. But while you might be eager to hit the road, you won’t want your investments to take a vacation—you need them to work hard for you consistently. But how can you make this happen?

HERE ARE SOME IDEAS:

- Know your destination. “If you don’t know where you want to go, then it doesn’t matter which path you take.” This bit of wisdom, paraphrased from the classic children’s book, Alice’s Adventures in Wonderland, may be appropriate for, say, hikers exploring a new landscape. But as an investor, it matters a great deal which path you take. If you only dabble in investing, occasionally putting some money into one investment or another, it will be difficult to build a portfolio that’s consistently working in your best interest. It’s important to create a long-term investment strategy based on where you want to go in life—that is, how long you plan to work, what sort of retirement lifestyle you envision, and so on.

- **Match goals with investments.** Some investments are designed to



DON'T LET INVESTMENTS GO ON VACATION

achieve certain goals. To illustrate: When you contribute to an IRA and a 401(k) or similar employer-sponsored plan, you’re investing for one specific, long-term goal: a comfortable retirement. While you can tap into these accounts for other purposes—though doing so might incur immediate taxes and penalties—they are designed

to provide you with income during your retirement years. Similarly, you may have other investments for other purposes, such as a 529 education savings plan. Here’s the key point: Goals-based investing, by its nature, can help ensure your portfolio is always working on your behalf, in the way you intended.

- **Invest for growth.** Ideally, hard

work produces results, and one of the main results you want from your investments is growth—that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential.

That’s not to say that CDs and Treasury bills are in some sense “lazy.” They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you’ll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.

- **Check your progress.**

How else can you ensure your investments aren’t just taking it easy? By checking up on them. If you follow a buy-and-hold strategy, your portfolio shouldn’t require many changes if it already reflects your goals, risk tolerance and time horizon. Too much buying and selling could jeopardize your ability to follow a consistent, long-term strategy. However, “buy and hold” doesn’t mean “buy and forget.” By reviewing your portfolio at least once a year, you can determine if your investments are performing as they should. If they’re not working for you as you’d like, you may need to make some changes.

If you’re traveling this summer, relax and enjoy yourself—but keep those investments working hard. ■

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



SEPTEMBER 2021

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



Call Mike direct: (619) 501-4000

www.MetroSanDiego.com

Selling Quality Homes in San Diego's

Metro communities



AUGUST 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				



Call Mike direct: (619) 501-4000

Selling Quality Homes in San Diego's

www.MetroSanDiego.com

Metro communities

comfort foods

As most Americans have heard by now, whole grains are good for us - dietary guidance tells us to “make half our grains whole,” cereal boxes and bread bags tout their whole grain goodness, and news headlines repeat the message.

Whole grains do provide a host of health benefits - for example, the dietary fiber that they deliver supports a healthy heart, gut, and even weight by helping you feel full between meals.

But if whole grains are so good for us, what about the other half, the non-whole grains? Enriched refined grains not only deliver vital nutrients but also offer the versatility and affordability that allows you to easily and affordably satisfy the entire family.

1. FOODS MADE WITH REFINED GRAINS, WHICH ARE OFTEN MISLABELED AS SOMETHING TO LIMIT OR AVOID, ARE ALSO AN ESSENTIAL PART OF A HEALTHY DIET

This is true because millers enrich these grains by replacing nutrients that are lost during the milling process, and sometimes adding nutrients that weren’t even there before - so enriched refined grains have essential nutrients like B vitamins, iron, folic acid, and yes, even dietary fiber!

Each of these nutrients is key to living a healthy life at all ages, and recent scientific research shows that eating grain foods made with both whole grains and enriched refined grains - everything from cereal and bread to pretzels and crackers - helps us

3 REASONS TO EMBRACE, LOVE AND ENJOY ALL GRAIN FOODS



get enough of them. In fact, almost 40% of our dietary fiber comes from refined grain foods.

“Americans need to know the many benefits of including both whole grain and refined grain staple foods in their diets,” says Dr. Glenn Gaesser, a researcher with the Grain Foods Foundation. “Make-half-your-grains-whole dietary guidance is sound, but the rare research that studies staple refined grain foods, like bread and cereal, shows that they are

far from being the ‘bad guy.’ And as everyone will be glad to hear, there’s even room for ‘indulgent’ grain foods, like cookies and cakes, in a healthy diet as long as you enjoy them in moderation.”

2. YOU CAN'T BEAT GRAIN FOODS WHEN IT COMES TO VALUE

“It can be tough to prepare nutritious meals every day when you’re on a tight budget, but staple grain foods are one of the most affordable sources of high-quality

calories and nutrients,” says Sylvia Melendez-Klinger, Founder of Hispanic Food Communications. “Plus you can find them almost anywhere, from convenience stores to dollar stores, and feel good knowing that you’ll always be getting great nutritional bang for your buck.”

3. YOU DON'T NEED TO WORRY ABOUT SATISFYING PICKY EATERS BECAUSE GRAIN FOODS ARE INCREDIBLY

VERSATILE, SERVING AS A PLANT-BASED PART OF EVERY BREAKFAST, LUNCH, AND DINNER

To get some inspiration for a meal that’s both delicious and nutritious, try the recipe below - whatever grain food and fillings (or toppings!) you choose, it’s the perfect way to start your day!

To learn more about grain foods’ role in a healthful diet and see more recipes, visit GrainFacts.com.

“BUILD-A-BETTER BREAKFAST”

This easy, nutrition-packed breakfast flatbread recipe features protein, fruits and vegetables—and of course, grains!

Ingredients

- One slice flatbread
- 1/2 cup canned nonfat refried beans
- 2 large eggs or 2/3 cup egg substitute, scrambled
- 1/2 medium tomato
- 3-4 avocado slices

Not only is it delicious and nutritious, but it offers limitless options for simple swaps to satisfy yourself and your family:

- Rather than flatbread, layer ingredients onto a bagel, toast or wrap
- Swap the tomatoes for your favorite salsa
- Substitute the beans and avocado for spinach and cheese
- Not a fan of refried beans? Black beans also provide a protein punch

Bon appetit! ■

©2021 Brandpoint.

DIRECTIONS

1. Adjust the oven rack to the middle position and heat the oven to 250 degrees. Spray the inside bottom and sides of a 13-by-9-inch metal baking pan with vegetable oil spray. Place popcorn in the baking pan.
2. In a large saucepan, melt butter over medium-high heat. Add brown sugar, corn syrup and salt to the saucepan. Bring mixture to a boil. Reduce heat to medium-low and simmer, stirring occasionally with a rubber spatula, until the mixture thickens slightly, about 3 minutes. Turn off heat and the slide saucepan to a cool burner.
3. Carefully add vanilla and baking soda (mixture will bubble and foam). Add peanuts (if using) and stir to combine.
4. Use a rubber spatula to carefully scrape the caramel mixture onto the popcorn in the baking pan (the saucepan will be heavy, and the caramel will be hot). Use the rubber spatula to gently stir until the popcorn is evenly coated. Spread the popcorn into an even layer.
5. Place the baking pan in the oven and bake for 20 minutes. Remove the baking pan from oven. Place baking pan on a cooling rack. Use the rubber spatula to carefully stir the popcorn, scraping up caramel from bottom of pan (the pan will be hot). Spread the popcorn back into even layer.
6. Return the baking pan to the oven and bake until the popcorn is deep golden brown, about 40 minutes, repeating stirring halfway through baking.
7. Remove the baking pan from the oven. Place the baking pan on a cooling rack and carefully stir the popcorn one last time (the pan will be hot). Let caramel popcorn cool completely in pan, about 30 minutes. Break the popcorn apart with your hands and serve.

Recipe note: Caramel popcorn can be stored at room temperature in an airtight container for up to five days.



CARAMEL POPCORN
INGREDIENTS - MAKES 7 1/2 CUPS

- Vegetable oil spray
- 7 cups popped plain popcorn
- 5 tablespoons unsalted butter
- 3/4 cup packed light brown sugar
- 1/4 cup dark corn syrup
- 1/4 teaspoon salt
- 3/4 teaspoon vanilla extract
- 1/4 teaspoon baking soda
- 1/2 cup salted peanuts (optional)

© 2021, America’s Test Kitchen. Distributed by Tribune Content Agency, LLC.

RUNNING A MILE A DAY

DOESN'T KEEP SHINGLES AWAY: WHY HEALTHY ADULTS ARE AT RISK FOR SHINGLES

At age 67, rock music enthusiast, avid runner and California native Jon was brought to his knees by shingles, a disease that approximately one in three people in the United States will develop in their lifetime.¹

Jon maintains a healthy and active lifestyle. He is the first American to reach 50 consecutive years of running at least one mile every day. Despite this healthy lifestyle, he contracted shingles and was shocked by how much damage it caused a physically fit man like himself.

"I felt a stinging sensation after a long bike ride. It was a hot September day and I figured I had been exposed to poison oak. I continued on without thinking it could be something more."

Anyone who has gotten chickenpox is at risk of contracting shingles, also known as herpes zoster.² When chickenpox becomes dormant within the nerves, it can reactivate later in life, causing shingles.³ Shingles typically presents as a painful, itchy rash that develops on one side of the body and can last for two to four weeks.⁴

"My experience with shingles was excruciating. I experienced a range of symptoms, from trouble sleeping because of the blisters to crippling pain throughout my body."

When the pain did not subside, Jon visited his doctor, who confirmed that he had shingles. Jon's active lifestyle immediately changed. He refrained from going out in public and could only take cold showers because hot water would reactivate the irritating blisters.

"Shingles took over my life. I felt helpless in my own body. This was truly a paralyzing feeling for me."

"My experience with shingles ended up lasting about six months. Though I am feeling much better today, I can still feel the stiffness left by shingles in my right glute."

Approximately 10-18 percent of patients with



shingles experience post-herpetic neuralgia, a pain lasting from at least three months up to several years.⁵

"My biggest regret is that I took my health for granted. I didn't take the time to learn about shingles symptoms or how likely it was for people my age to develop this virus."

The truth is, anyone 50 years or older, even if you're a healthy, active person, is considered at risk for shingles.

Jon learned firsthand that shingles doesn't play favorites. Now, as a GSK spokesperson, Jon works to educate adults about shingles, the risks of the disease and the importance of talking to a doctor about vaccination.

If you're 50 years of age and older, talk to your doctor about vaccination against shingles. Vaccination will help reduce the risk of developing

shingles and the potential long-term pain from post-herpetic neuralgia, a common complication caused by the disease.

For more information, visit www.ShinglesDoesntPlayFavorites.com.

This is one person's experience; other people's experience with shingles may be different. ■

Content sponsored by GSK.

[1] CDC. Vaccine Information Statements (VISs). Live Shingles VIS. Available at: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/shingles.html>

[2] CDC. Shingles (Herpes Zoster). About Shingles (Herpes Zoster). Available at: <https://www.cdc.gov/shingles/about/index.html>

[3] CDC. CDC Recommends Shingles Vaccine Press Release. Available at: <https://www.cdc.gov/media/pressrel/2008/r080515.htm>

[4] CDC. Shingles (Herpes Zoster). Signs & Symptoms Available at: <https://www.cdc.gov/shingles/about/symptoms.html>

[5] CDC. Shingles (Herpes Zoster). Burden and Trends. Available at: <https://www.cdc.gov/shingles/surveillance.html>

©2021 Brandpoint.

THE HEALTHY

improve your health

When the pandemic started, you may have had the best intentions of using your time to get fit. However, with a variety of challenges filling your time, don't feel bad if you have yet to start over a year later. The good news is it's never too late and now is the ideal time to find a fitness routine that works for you.

Getting outdoors means ample space for social distancing and fresh air, which are important for health and safety reasons, but the benefits of outdoor fitness don't stop there. According to research published in the Environmental Science and Technology journal, outdoor exercise has physical and mental benefits. In the report, when compared with exercising indoors, exercising outside in natural environments resulted in:

- Greater feelings of revitalization
- Increased energy
- Positive engagement
- Higher enjoyment and satisfaction
- Decrease in tension, confusion, anger and depression



THE BENEFITS OF

EXERCISING OUTSIDE

- Higher likelihood to repeat the activity at a later date

These results aren't surprising to CEO and Founder of Moms on the Run Karissa Johnson, a structured fitness program for women of all ages. She said there are basic evidence-based health benefits of nature

contact, including reduced stress, lower blood pressure, improved mental health and higher life satisfaction, among others.

"Add in the benefits of exercise, and being physically active outdoors offers so many positives," said Johnson. "Finding an exercise activity to do outside can really make a big difference in how you

feel, whether that's doing something you enjoy or trying something new."

Whether you have experience or not, Johnson suggests exploring running with a local group to help you get outdoors and be fit. Moms on the Run is one option that helps you learn to run with a group of other like-minded women. These groups are led

by instructors so you know exactly what to do no matter where you are on your fitness journey. Groups meet at parks in cities nationwide and you can join at any time, with new signature training sessions often starting up in spring and fall. Learn more at www.momsontherun.com.

Why choose group outdoor fitness? There are many reasons to buddy up rather than trying it alone.

Feel supported: If you have questions or concerns, an instructor-led group environment means you'll always have answers. You'll get the support you need to succeed and feel your best. For example, 90% of Moms on the Run participants in a recent survey said they feel supported and 83% feel they've connected with like-minded people, which all contribute to success.

Accountability: Knowing a group is meeting and you're part of that group can be more motivation than if you exercise alone. You'll feel more drive to do something if others are expecting you to be there. If the program you choose comes with a cost, you also feel accountable because you want to make the most of

that investment.

Socializing: Being part of a fitness community allows you to develop relationships, and some people form lasting friendships. Even if it's just connecting during class, in-person socializing is an important part of the human experience and something many people have missed since the start of the pandemic.



Safety: Working out in a group helps you stay safer. First, you're never alone in an outdoor area so you can feel more confident in your safety. Second, if you sustain an injury or experience another urgent situation, people you know and trust are around to help you out.

Are you ready to get outside and reap the benefits of outdoor exercise? The fresh air and open spaces are ready to inspire your personal fitness journey. ■

©2021 Brandpoint.

SIGN THE PETITION



San Diego's New Zoning Laws Affect ALL Neighborhoods



Highlighted Areas are in the TPAs

If You Live in Transit Priority Areas* (TPA)

Your single-family zoning has changed to:

- UNLIMITED ADUs Per Lot
- No Side/Rear Setbacks (build up to property line)
- 30' Height Limit (3-stories)
- No Parking for Renters
- Fee waivers for developers
-Taxpayers foot the bill for needed infrastructure

If You Live Outside the TPA:

Your single-family zoning has changed to:

- Maximum of Five Dwellings Per Lot
- No Side/Rear Setbacks (build up to property line)
- 30' Height Limit (3-stories)
- No Parking for Renters
- Fee waivers for developers
-Taxpayers foot the bill for needed infrastructure

*Within 1/2 mile from a major transit stop

In October 2020, the Mayor and City Council revised the municipal code in ways that will quickly overwhelm our city's neighborhoods.

It now allows the construction of unlimited ADU rentals up to three stories tall in backyards, instead of focusing on the housing potential and infrastructure needs of our long-neglected transit corridors.

Substantial rezoning should not masquerade as a minor modification. Changes as significant and irreversible as this should have followed the same legal procedures as actual rezoning.

We are a coalition of neighbors who are working to protect and preserve single-family neighborhoods throughout the city. Please visit our website, sign the petition, and add your name to our mailing list today.

There are better solutions for San Diego's housing problem. Don't accept the destruction of your single-family neighborhood! Here's how you can help:

Call and email Mayor Todd Gloria.
Call and email your council member.
Sign our on-line petition.
Join our mailing list.
Spread the word.

NeighborsForABetterSanDiego.org
facebook.com/NeighborsForABetterSanDiego

Know the Facts

San Diego ADU laws are FAR MORE DAMAGING to neighborhoods, infrastructure, and taxpayers than California state laws.

CALIFORNIA

1 JADU _____ 1 JADU

1 ADU _____ Unlimited ADUs*

16' Height _____ Allows Heights of 30'

4' Side/Rear Setbacks _____ Zero Side/Rear Setbacks

Waives Developer Fees for 1 ADU <750 sf _____ Waives All ADU Developer Fees

No Bonus ADUs _____ Gives Away Bonus ADUs



2020 California's Guidelines
(Homeowner "granny flats")

SAN DIEGO



2020 San Diego's Guidelines
(Investor apartment buildings)
*Inside the TPA

Our yard signs are now available on-line! Order yours today and help spread the word.



THE MASTERPIECE ON ALDER DRIVE AND ITS CONNECTIONS TO MEXICAN HISTORY

by Kiley and Alexandra Wallace
Landmark Historic Preservation
www.PreserveSanDiego.com

Kensington's elegant homes are rich with history, and each one has a different story to tell. Over the approximately 111 years since development in Kensington began, its homes have been lived in by people from a multitude of backgrounds. Doctors, electricians, lawyers, secretaries and housewives have lived here. Some were San Diego natives, others were born in far-away places, and interestingly, at least two Mexican presidents called Kensington home in the 1930's.

One of these homes, the exquisite Spanish Colonial Revival at 4321 Alder Drive, has a fascinating history not only because of the former Mexican leader who lived there, but because of the skilled craftsmanship exhibited in many of the home's features, including the colorful interior murals painted in the early 1930's by a famous Mexican artist.

The home was constructed in 1928 by builder Edgar H. Prichard. Born in Arkansas in 1881, Prichard lived there until around 1915, when he moved to Albuquerque, New Mexico. He worked as a building contractor in Albuquerque until the mid-1920's, when he moved to San Diego and continued to work as a builder.

Although little is known about other local homes constructed by Prichard, he clearly spared no expense on 4321 Alder Drive. Many of the ceilings and rustic wooden interior beams feature intricate and colorful stenciled designs. The fireplace surround is made of plaster made to look like stone, a feature that would have taken a skilled craftsman to create. The home still retains its original wall sconces and art deco tile in the bathrooms, among many other of its original features.

Around the time he completed 4321 Alder Drive in 1928, Prichard sold it to Alberto V. Aldrete and his wife Soledad. A native of Ensenada, Baja California, Mexico, Aldrete was a prominent businessman in that country and was one of the financiers of Tijuana's opulent Agua Caliente resort, which opened in 1928 and featured a hotel, casino and horse racing track. It was a wildly popular destination for Americans seeking to escape the restrictions of the Prohibition era, and those

who wanted to partake in gambling and horse racing, which at the time were illegal in California and several other states. Agua Caliente closed in 1935 after the Mexican government outlawed gambling.

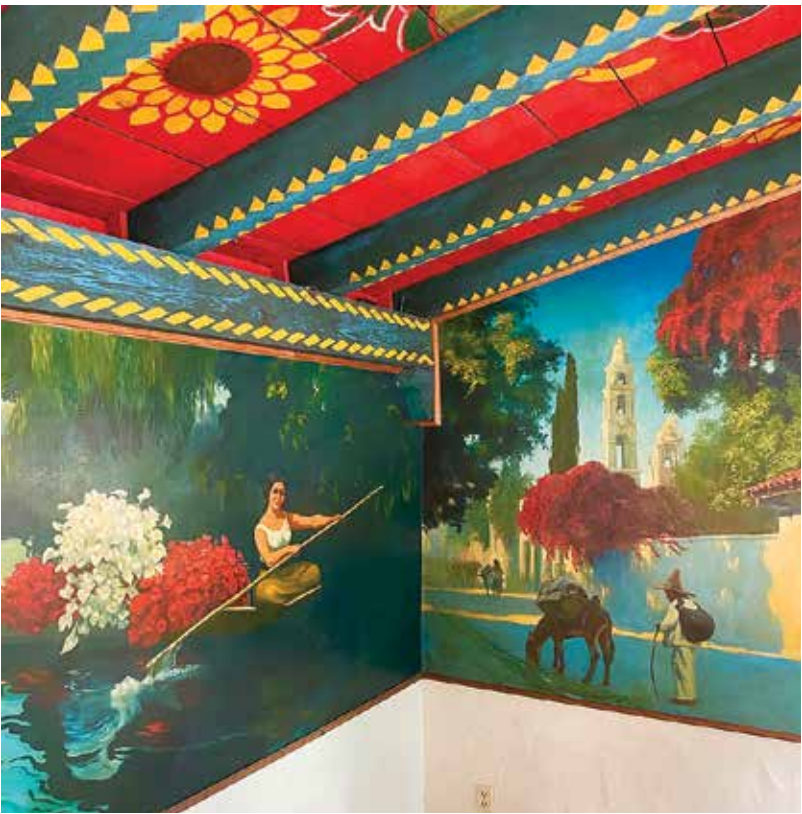
In addition to his financial connection with Agua Caliente and other business enterprises, Alberto V. Aldrete established a flour and barley malt mill in Tecate, Mexico in 1930, and in 1944 it became the Tecate beer company, now an internationally known brand. Aldrete became governor of Baja California in 1946.

In 1932, the home on Alder Drive entered an even more interesting period in its history. The Aldretes sold it to former Mexican President General Pascual Ortiz Rubio and wife Josefina in September 1932. The two families likely knew each other from political and business connections in Mexico.

Originally a mining engineer, Rubio became politically active while a university student in the 1890's and in 1929 was elected President of Mexico, replacing assassinated president-elect Álvaro Obregón. Only two hours after taking the oath of office on February 5, 1930, President Rubio was shot in the jaw during an assassination attempt. His wife and young niece were grazed by bullets in the attack, and Rubio's chauffeur was shot in the shoulder.

Although deeply shaken by the incident, Rubio continued to serve as president until his resignation in September 1932. Although Rubio cited health issues as the reason for stepping down, it was widely believed that interference in his administration by former Mexican President Plutarco Elias Calles was the real cause. Mexican businessman and politician Abelardo Rodríguez was named as Mexico's new president immediately upon Rubio's resignation. Rodríguez also had a Kensington connection – he and his wife were living at 4379 N. Talmadge Drive at the time he became Mexico's leader. Tijuana's airport is named after him.

Rubio and his wife Josefina left Mexico with their three children shortly after his resignation and purchased 4321 Alder Drive from the Aldretes. The purchase was widely covered in San Diego newspapers. After a few months, the Rubios sold the home to a physician, Dr. Manuel M. Doria, Jr. and his wife Mamie, and



moved to 1079 Cypress Ave. in San Diego's Marston Hills neighborhood.

A native of the Mexican state of Nuevo León, Dr. Doria was educated in St. Louis, Missouri before marrying and returning to Mexico to continue his education in Monterrey. He served as mayor of Villagrán in the early 1910's but fled back to St. Louis in 1913 due to political strife and threats from rebel forces during the Mexican Revolution.

Upon moving into the Alder Drive home in early 1933, the Dorias commissioned renowned Mexican artist and set designer Ignacio Martínez Rendón to paint several murals on some of the home's interior walls and doors. These stunning, colorful creations depict enchanting scenes of Old Mexico: a villager watching as his burro takes a drink of water, two women in a canoe loaded with calla lilies and other flowers, a charismatic and well-dressed mustached man in a mariachi outfit and sombrero holding a vividly patterned sarape, and an elegant and demure dark-haired woman wearing a form-fitting, vividly hued sarape. These idyllic, highly detailed murals showcase Rendón's mastery of color, light and shadows.

A native of Monterrey, Mexico, Rendón was born in 1886 and took an interest in painting at an early age. He moved to Mexico City in 1903 and studied at that city's National Academy of Arts. He was a student of prominent artists Antonio Fabrés and Germán Gedovius, and a classmate of renowned Mexican artists Diego Rivera and Saturnino Herrán.

Rendón received a scholarship to study art in Barcelona, Spain in 1906.

He also spent time in Madrid, Paris and Cairo before settling in Milan, Italy for a few years. In Milan, Rendón studied pastel technique, but also took an interest in the performing arts and studied set design. In the years shortly before World War I, Rendón cemented his career as an artist. He returned to Mexico in 1920, married, and moved to Santa Monica, California around 1922.

During his approximately twenty years in the Los Angeles area, Rendón painted murals, furniture and tapestries in the homes of several wealthy and famous residents, including actor Charlie Chaplin. He painted the curtain at Grauman's Chinese Theater in Hollywood and decorated the walls of the Wiltern Theater on Wilshire Boulevard in Los Angeles. Rendón also decorated theaters in Santa Barbara and San Diego, but it is not known which ones and if any of his designs are still present. In addition to his work as a muralist and portrait painter, Rendón also worked as an art director, set designer and wardrobe designer in the movie and theater industries.

In 1942, Rendón returned to his hometown of Monterrey, Mexico and designed the official coat of arms for the government of the state of Nuevo León. He and some fellow artists founded the visual arts library at the Autonomous University of Nuevo León in the early 1940's, and it was named the Biblioteca Ignacio Martínez Rendón. He passed away in 1947, and the library still bears his name today. Rendón would probably be quite pleased that his beautiful murals remain at 4321 Alder Drive and have been appreciated for nearly a century. ■





Market View

619-501-4000 • www.MetroSanDiego.com

Mike's Recent Market Activity

- HISTORIC KENSINGTON -



AVAILABLE!

KENSINGTON! • 4891 East Alder Drive

Traditional style, canyon lot! Four bedroom two bath in beautiful condition with an open floor plan, remodeled kitchen and lower level family room. All main living activities on one level! Attached two car garage and plenty of storage.

Offered at \$1,450,000



SALE PENDING!

KENSINGTON! • 4930 Marlborough Drive

Spanish! Three bedroom two bath single story with pool and courtyard entry! Ready for some upgrades to kitchen and baths, this home has significant potential! Private rear yard as well!

Offered at \$1,395,000



SOLD BY MIKE!

KENSINGTON! • 4868 Vista Street

Well kept traditional 2br 1ba on a quiet street north of Adams Avenue with a large useable lot! Ready for your designs and dreams! Hardwood floors and a beautiful fireplace are a couple of the highlights!

Closed at \$1,126,000



SOLD BY MIKE!

SOLD 3x

KENSINGTON! • 5255 Marlborough Drive

Kensington! North End location! This Classically designed two story Spanish features three bedrooms plus a family room and three baths. Fully remodeled kitchen with breakfast nook, formal dining room and a stunning living room with wood beamed and vaulted ceiling.

Closed at \$1,935,000



SOLD BY MIKE!

SOLD 2x

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!

Closed at \$1,700,000

OVER
\$250,000,000
IN 92116
CLOSED SALES!

Who will YOU
call for 92116?



SALE PENDING!

TALMADGE!

4540 48th Street

Single story in beautiful Talmadge! Three bedrooms and two baths plus a bonus room off the master just looking for your new design ideas. Excellent landscaping in front, a blank palette in back! Hardwoods, central heat and air and a detached garage too!

Offered at
\$949,000



SOLD BY MIKE!

MORLEY FIELD! • 1950 Upas St. #408

Top floor unit! Two bedroom two bath split floor plan with 2 master suites! Perched on the corner of Balboa Park, this desirable complex is in demand! Vaulted ceilings and in unit full sized laundry at value to this home.

Closed at \$573,000



SOLD BY MIKE!

UNIVERSITY HEIGHTS! • 4764 32nd St. #3

Top floor two bedroom two bath townhome north of Adams Ave! Two car tandem attached garage, vaulted ceilings, fireplace and split floor plan (one up and one down) Multiple offers received!

Closed at \$530,000



OWN AN OLD HOUSE?

- Historic Designation Reports
- Mills Act Application Preparation
- Architectural Assessments for Potential Designation



Kiley Wallace, Architectural Historian: (760) 704-7373
Alexandra Wallace, Home Researcher: (760) 704-7372
inquiry@PreserveSanDiego.com
<http://www.PreserveSanDiego.com>

FOR THE RECORD:

Kensington Has 96 Historically Designated Homes Mike Tristani Has SOLD 34 of Them!

No One Has SOLD More Homes in Kensington Than Mike Tristani!



Check out:

MetroSanDiego.com

Search the entire San Diego Multiple Listing Service for ALL listings in San Diego County!

MIKE TRISTANI CLASSIC SAN DIEGO HOMES

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.

