

HELP MAKE KENSINGTON TRULY HISTORIC!

by Historic Kensington
Steering Committee

When you tell locals you live in Kensington, they often respond... "Oh, I love Kensington!" The character of the historic homes, the community park, the business district; they all come together to create something very special. Community pride is also apparent in Kensington as evidenced by the well attended community events held Kensington Park, like the Holiday Tree Lighting event every November or the Ice Cream Social held every summer. And now strong community support is driving an effort to preserve what is most loved about this historic neighborhood through the creation and submission in 2022 of a nomination to become a nationally designated Historic District.

WHAT IS HISTORIC DESIGNATION AND AN HISTORIC DISTRICT?

Historic designation preserves a neighborhoods essential character ensuring that future changes happen thoughtfully while still accommodating modern needs. An historic district is defined as a group of buildings, properties or sites that have been designated as historically or architecturally significant. Buildings, structures and objects within an historic district are normally divided into two categories, contributing and non-contributing, whereby a contributing property adds to the historical integrity or architectural qualities that make a district significant and a non-

contributing property does not. Historic districts can vary greatly in size, some having just a few structures while others have hundreds. In the case of Kensington, the ambitious goal is to capture over 1,300 homes in the historic district application.

The U.S. federal government designates historic districts through the Department of Interior, under the auspices of the National Park Service and federally designated historic districts are listed on the National Register of Historic Places.



The first historic district was located in Charleston, South Carolina and today, there are more than 2300 local historic districts in the United States. In San Diego alone, historic districts can be found in South Park, Burlingame, Balboa Park, Golden Hill, Little Italy, Old Town, the Gaslamp Quarter and in Mission Hills, where a new district, Inspiration Heights, was recently designated in 2021.

HISTORIC DESIGNATION BENEFITS:

- Preserves existing historic character of homes and the neighborhood
- Ensures future development is compatible

- Increases property values
- Potential property tax benefits for contributing home owners

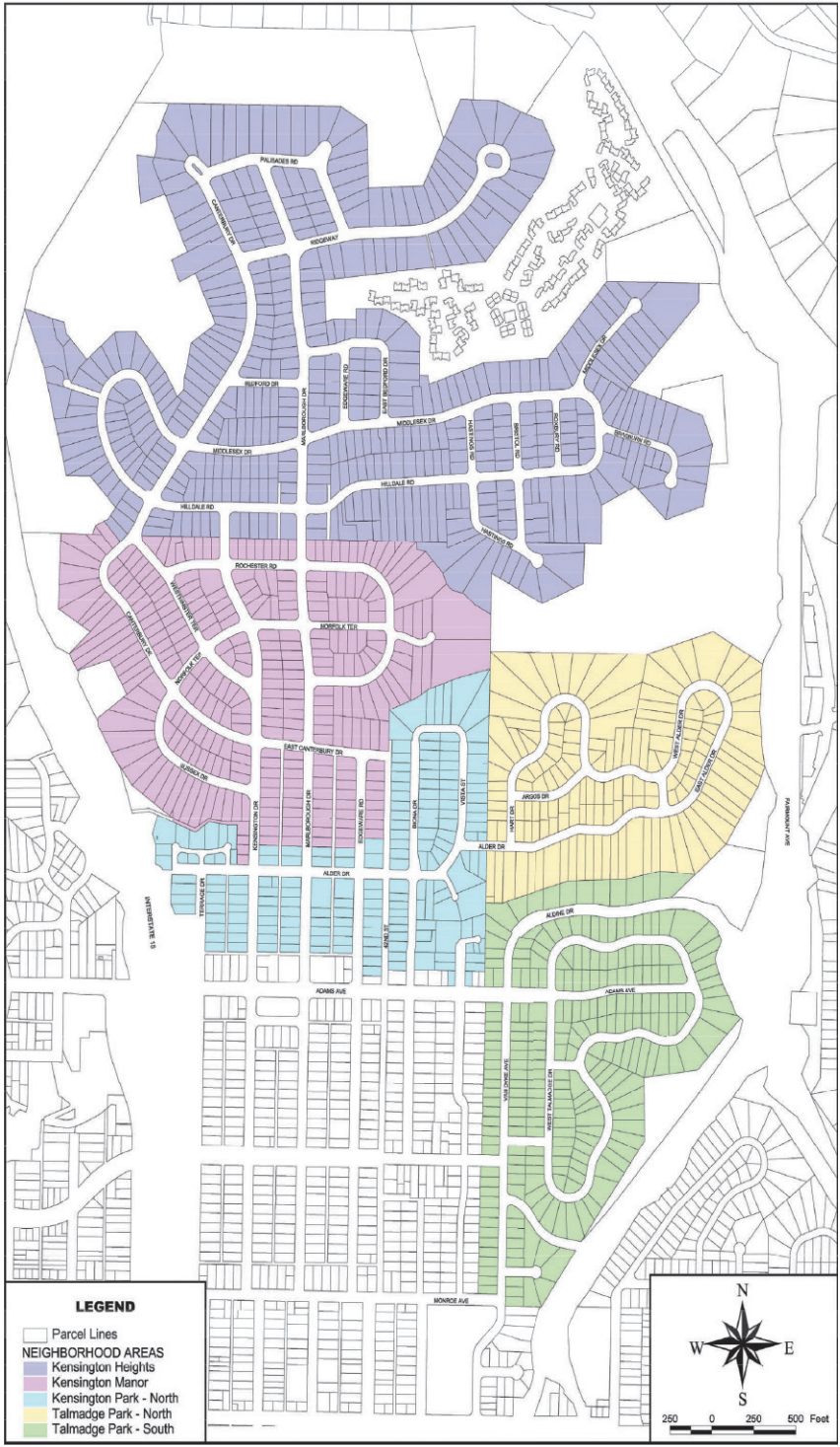
HISTORIC DESIGNATION CONSIDERATIONS:

- Project review is required for exterior changes or additions

Contrary to popular belief, you can construct an addition, remodel or add an ADU to an historically designated house although property owners within preservation districts must adhere to a set of community established guidelines which ensure that alterations to historic buildings are compatible with the character of the structure and the neighborhood.

An executive committee was formed after a general interest Historic Designation "town hall" meeting in September 2020 which now boasts 10 members with at least one member representing each of the 5 MADS (maintenance assessment districts) involved in the submission. The MADS are Kensington Heights, Kensington Manor, Kensington Park North, Talmadge Park North and Talmadge Park South. Over 40 interested volunteers have already signed up to support the effort and growing community awareness is sure to draw more. A new website www.HistoricKensington.org is in the works!

Look for updates on this effort as the website builds and as the project develops. For those who have offered their volunteer services, thank you! There will be several opportunities to get involved and help us make Kensington truly historic! ■



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SPEAKING
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And More!

WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



CONDOR (2018) 2 SEASONS

Created by Todd Katzberg/
Jason Smilovic/Ken Robinson

James Grady's novel, *Six Days of the Condor*, is the inspiration for this CIA spy thriller. Max Irons, son of Jeremy Irons, is the key character of this series. It begins similarly to the Redford movie, *Three Days of the Condor*, when a low-level CIA data analyst escapes a target hit. It's good entertainment that has you guessing which key character is going to be eliminated next, and who is a double agent. It

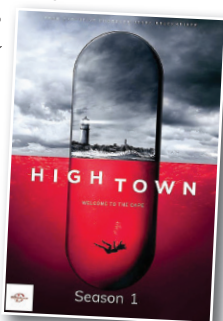


also conveys the idea that there is no privacy in this world. If you are a target of inquiry, high-tech surveillance can capture every moment of your life. *Condor* is currently playing on Epix.

HIGHTOWN (2020) 2 SEASONS

Created by Rebecca Perry Cutter

Jackie is a Marine Fisheries Services agent patrolling the waters of Provincetown, Massachusetts. She's a recovering alcoholic and druggie who frequently falls off the wagon. In her free time, she's on the prowl for one-night stands in the local dives



and hangs out with questionable characters. Aside from her dysfunctional life, she becomes involved in a murder investigation and eventually works parttime with the local law. The plot line has more turns than twists, but it's interesting to see how people just might survive their own worst behaviors.

THE COURIER (2021)

Directed by Dominic Cooke

President John F. Kennedy is facing one of the most difficult times of his presidency. In October of 1962, the Cuban missile crisis brought the world to the brink of nuclear war. This is the true story of Greville Wynne, a British businessman, who is recruited by MI6 and the CIA to gain Soviet intelligence on their nuclear program. Wynne must form a business relationship with Lt. Colonel Oleg Penkovsky, who has key information on the



program and wants to stop a nuclear war. He leaks the crucial intelligence to Wynne, but the Soviet pays with his life. These unsung heroes in history have saved many lives without the notoriety and fanfare they deserve.

THE TRUFFLE HUNTERS (2020)

Directed by Gregory Kershaw and Michael Dweck

This documentary takes place in Piedmont, Italy, where a handful of old men hunt out the rare and cherished white Alba truffle. Due to deforestation, climate change, and the lack of interest in this profession, the highly prized truffle has become scarce. The aging men and their highly trained dogs can sniff out these treasures through a secret method that has been passed on through generations. It is a fascinating film and a *Winnie's Pick*.



NO TIME TO DIE (2021)

Directed by Cary Joji Fukunaga

We grew up with the Bond movies beginning with Sean Connery and finally Daniel Craig. Everyone has their favorite Bond and movie. We appreciate the writings of Ian Fleming and the amazing stunts in each opening scene.



Daniel Craig stars in his fifth and final role as the charismatic agent who always escapes death and wins the heart of his female adversary. In *No Time to Die*, Bond is retired; however, he is recruited by Felix Leiter of the CIA for a mission involving biotech weapons. The franchise may come to an end with this movie, but then again, it may not. You will not be disappointed with the high-tech action and stunts that abound in this possible homage to a 58-year movie franchise.



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.

WHAT IS A TREE WORTH? JOIN TREES KENTAL AND FIND OUT!

According to "Growing Greener Cities", a book published in 1992 by the American Forestry Association, trees have significant monetary benefits. They have found that a single tree provides \$73 worth of air conditioning, \$75 worth of erosion control, \$75 worth of wildlife shelter, and \$50 worth of air pollution reduction annually. Compounding this total of \$273 for fifty years at 5% interest results in a mature tree value of \$57,151.

UNIVERSITY OF KENTUCKY'S URBAN FOREST INITIATIVE IDENTIFIES SEVERAL BENEFITS TO TREES, INCLUDING:

- Real estate assessors recognize that a house on a lot with trees or in a neighborhood with mature trees is up to 20% more saleable.
- Street trees in urban business districts lead to higher retail sales by changing consumers' shopping patterns. Shoppers are willing to pay more and are more likely to shop longer in tree-lined areas.
- Trees reduce traffic speeds and create safer pedestrian walkways. In addition, communities with an extensive urban forest have lower crime rates.
- They can decrease heating and cooling costs in homes and offices, sequester carbon dioxide, mitigate ozone and other pollutants, and even reduce storm water runoff.



Trees KenTal is a new neighborhood advocacy group that promotes planting uniform, drought-tolerant shade trees to enhance the beauty and sustainability of a green canopy in the Kensington and Talmadge neighborhoods of San Diego, and surrounding areas.



TREES KENTAL HAS AS ITS OBJECTIVES:

- To promote awareness on the expansive value of shade trees and the preservation of designated heritage trees.
- To establish resources for replacing vulnerable trees, especially palms affected by the South American Palm Weevil.
- To vet replacement tree programs.
- To develop a five-year neighborhood tree plan to identify a single or limited number of resident-preferred canopy trees and establish a strategy for implementation.

As a newly formed organization, Trees KenTal is looking for new members and volunteers who feel strongly about increasing our shade tree canopy. Besides finding sources for trees, providing education and awareness of the benefits of trees, organizing tree planting events, and performing outreach to neighborhood schools, Trees KenTal will be hosting the first KenTal Earth Day event on Saturday, April 23, 2022.

You can contact Trees KenTal through its website: [Trees KenTal \(google.com\)](https://www.google.com) or by email: kttrees@googlegroups.com. Plant a tree today!

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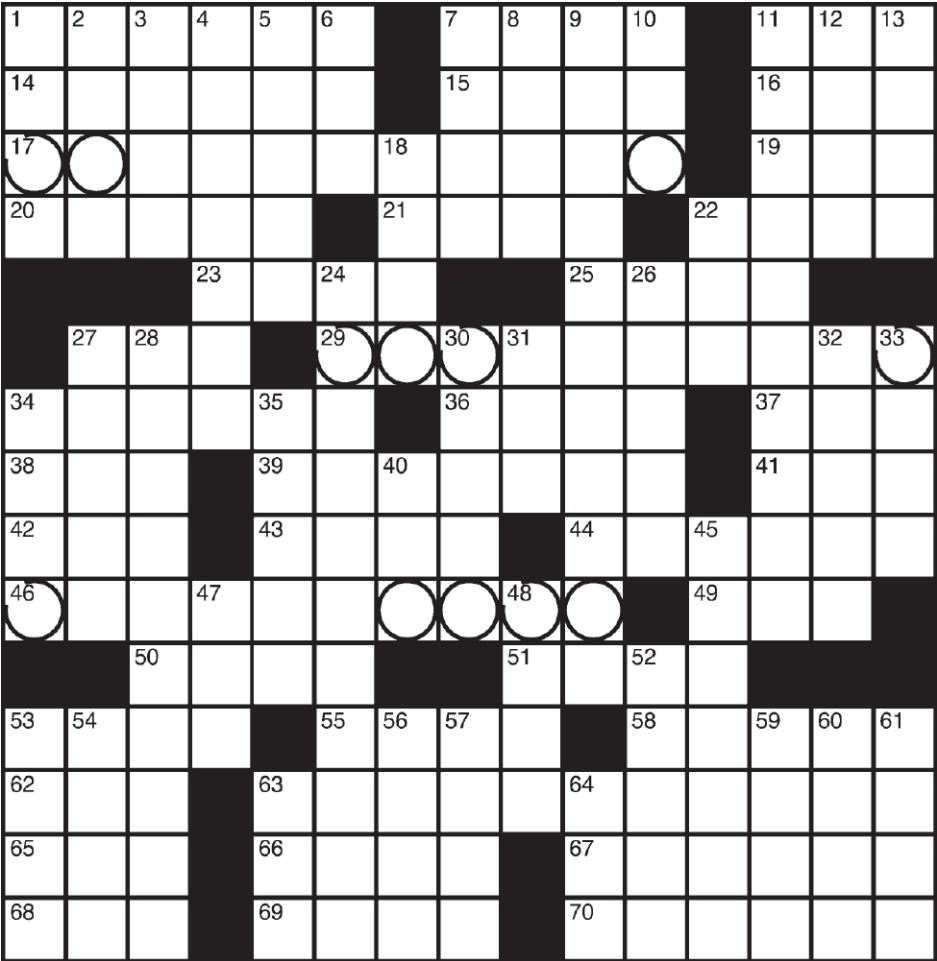
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- Historic Designation Reports
- Mills Act Application Preparation
- Architectural Assessments for Potential Designation



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

CROSSWORD PUZZLE



ACROSS

- 1 Smacked into
7 Window framework
11 Cabernet, e.g.
14 1998 PGA Player of the Year Mark
15 Snowman's smoke
16 Pitching stat
17 French national observance
19 Objective
20 Davis of "Dr. Dolittle"
21 Pitcher sans arms
22 MLB semifinal
23 Army NCO
25 Harold's "Ghostbusters" role
27 Humanities degs.
29 Disastrous path
34 PC take-out key
36 McCarthy lawyer Roy
37 Longtime label for Elton
38 Georgia airport code
39 Kind of lamp
41 Sitcom co-star of Betty and Estelle
42 Plan (out), as a route
43 Computer operator
44 Collect copiously
46 Start without hesitation
49 West end?
50 Coarse file
51 Burgundy brainstorm

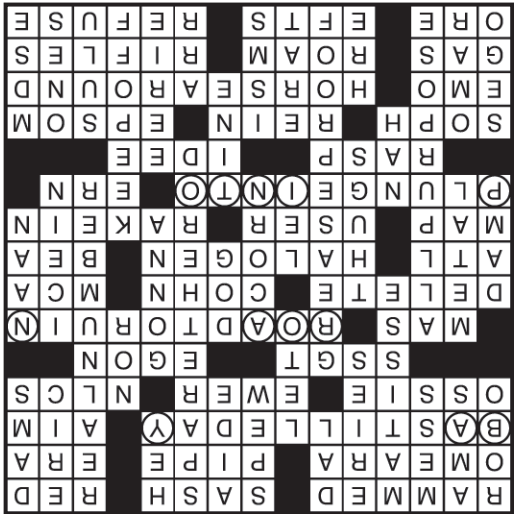
- 53 Future junior
55 Bit attachment
58 Surrey town known for salts
62 Moody genre
63 Roughhouse, and a hint to each set of circles
65 "Fill 'er up" fluid
66 Knock about
67 Rummages (through)
68 Cal.'s northern neighbor
69 New newts
70 Turn down

DOWN

- 1 "___ Cop"
2 Reddit Q&A sessions
3 Handle carelessly, with "with"
4 "La Danse" painter Henri
5 Natives for whom a Great Lake is named
6 NFL's Cowboys, on scoreboards
7 Gush forth
8 Adjutant
9 Eschew punishment, in an old saw
10 "Listen up!"
11 Integer, e.g.
12 Clapton who sang "Layla"
13 River blockers
18 Jared of "Dallas Buyers Club"
22 "___ any drop to drink": Coleridge
24 Like fat-repellent cooking paper
26 Fixin' to
27 Copper or nickel
28 Useful in many ways, as flour
30 Some kind of a nut
31 Collie or cocker spaniel
32 Strand at a ski lodge, say
33 Indian bread
34 Like many cellars
35 Tough guys
40 Floral necklace
45 Lawn warning
47 "Don't think so"
48 Utensil sticker
52 À la King?
53 Utah lily
54 "A Jug of Wine ... " poet
56 Q.E.D. word
57 Doctrines
59 "Star Trek" helmsman
60 Change for a five
61 Gds.
63 Charlemagne's domain: Abbr.
64 LAX listing

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PUZZLE answers



9	2	6	1	7	3	5	4	8
8	7	1	9	6	5	2	3	4
7	6	4	3	1	7	9	8	5
6	5	3	2	1	9	8	7	6
5	4	3	2	1	9	8	7	6
4	3	2	1	9	8	7	6	5
3	2	1	9	8	7	6	5	4
2	1	9	8	7	6	5	4	3
1	9	8	7	6	5	4	3	2
9	8	7	6	5	4	3	2	1
8	7	6	5	4	3	2	1	9
7	6	5	4	3	2	1	9	8
6	5	4	3	2	1	9	8	7
5	4	3	2	1	9	8	7	6
4	3	2	1	9	8	7	6	5
3	2	1	9	8	7	6	5	4
2	1	9	8	7	6	5	4	3
1	9	8	7	6	5	4	3	2

SCRABBLE[®] G₂R₁A₁M₃S₁

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A ₁	U ₁	P ₃	N ₁	H ₄	S ₁	R ₁	Double Word Score	RACK 1
E ₁	I ₁	N ₁	T ₁	R ₁	N ₁	V ₄		RACK 2
E ₁	I ₁	L ₁	K ₅	N ₁	W ₄	L ₁	3rd Letter Triple	RACK 3
A ₁	E ₁	E ₁	R ₁	D ₂	W ₄	L ₁		RACK 4
A ₁	A ₁	E ₁	R ₁	R ₁	W ₄	F ₄		RACK 5

PAR SCORE 270-280
BEST SCORE 332

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**

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07-18

Sudoku

created by Crosswords Ltd.

			1				4	
4					2	6		7
5	1							
	9						6	2
	4		7	5	8		9	
1	8						7	
							3	4
3		9	2					1
	5				7			

Word Search - The Industrial Revolution

O	I	T	I	D	E	N	T	I	C	A	L	P	T
L	R	R	I	I	I	M	P	U	R	I	T	Y	S
E	E	A	I	E	E	P	I	E	E	O	L	I	I
V	L	N	N	R	N	F	T	N	C	R	M	A	M
I	I	S	B	P	E	E	F	O	J	E	L	O	O
T	O	P	E	Y	R	R	D	I	T	U	T	E	N
O	B	O	S	I	R	M	U	L	C	R	R	E	O
M	R	R	S	Y	L	E	C	S	O	I	I	E	C
O	E	T	M	E	L	R	V	P	S	E	E	M	E
C	L	A	E	N	E	P	X	T	L	E	I	N	L
O	M	T	R	T	B	E	U	E	I	T	R	E	T
L	I	I	T	I	S	L	A	T	E	R	E	P	I
C	A	O	P	H	I	A	E	E	M	O	R	S	E
E	D	N	O	W	N	C	A	P	I	T	A	L	S

BESSMER
WHITNEY
ORE
IDENTICAL
IMPURITY
MORSE
EFFICIENT
BELL
TRANSPORTATION
LOCOMOTIVE
BOILER
EXPORT
DAIMLER
ECONOMIST
PRESSURE
INJURE
SLATER
CAPITAL

JUMBLE

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

FARWE

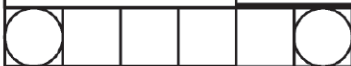


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KUYCY



CNERHT



RUWORB

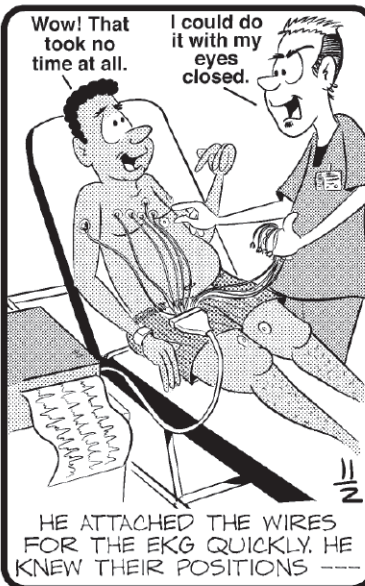


Print answer here:



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



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

IT'S 2022... WHAT DO WE DO NOW?

I know what I'll be doing...listing and selling more Kensington Real Estate! The last two years have provided a very robust market for our neighborhood as well as many others around the country. Low interest rates and limited availability have created a market that has been beneficial to sellers and frustrating to buyers overall. Multiple offers, cash, little to no contingencies, free "rent backs" all contributed to a frenetic pace for sellers and buyers alike. The big question now is...will it sustain? With a slight pullback near the end of 2021, especially over \$1,500,000 all eyes are on the first quarter of 2022. I have stated many times that no one can accurately forecast what will happen to the market as any changes either up or down happen quickly and without warning. I have seen it happen a few times over the last 43 years. A smaller number of homes on the market will potentially keep pricing up and buyer activity strong. The "lower" end of the market between \$900,000 and \$1,200,000 will most likely lead the market but don't count out those homes in the upper range! Buyers looking to move up to larger square footage will be on the hunt for just the right home.

Did I say 43 years?? I guess so! This year brings me to my 43rd year in Real Estate and my intention is to continue my pace of selling Kensington whether for the first time on a particular home or the third time! I'm very close to 300 Kensington sales (my earlier January closing will be #295) and hope to reach that number sometime in the first quarter. I am always very grateful for those

who have trusted me with their homes! A complicated market absolutely requires an experienced broker.

I am also involved in our Historic Kensington Steering Committee to help designate Kensington an historic district. A daunting task but we have a core group of dedicated individuals volunteering their time and knowledge to help make this happen. Many other volunteers have expressed interest in helping. Kensington deserves this!



NEW FOR 2022...

- **FHA has raised its loan limits for 2022 to \$879,750 for a single family home, up from \$753,250 in 2021.**
- **Loan limits are also higher for two to four units starting at \$1,126,250 for a duplex.**
- **FHA has lower down payment requirements and will work for lower credit scores.**

Don't forget about Prop 19 which allows homeowners over age 55 to keep a better tax rate

when they sell one house and buy another. That would help many who sell in Kensington and buy up or down to not pay the full tax rate on the purchase. This can be done up to three times, unlike a previous law. A game changer for many people.

My best wishes to all who read this for a very safe, healthy and prosperous New Year!

Mike Tristani



TOGETHERNESS!

We are constantly being told that we are in a "housing crisis" mostly by politicians. No one will argue that pricing is high in Southern California. Does that mean you have to buy the more expensive real estate, especially if you are a first timer? If you can't...housing crisis! How about this concept: Buy with a friend! One million or one point two million is a daunting number for any first timer but what if you bought in with a friend? Five or six hundred thousand each should be doable for most buyers especially given today's interest rates. Yes you can buy a house in many neighborhoods at this price point and yes it will most likely have two bathrooms! I often talk to first time buyers who feel like they have to go it alone to have it make sense. Granted buying with a friend could throw off the living dynamic but isn't it worth it for a few years? When appropriate SELL and both may then be able to buy alone. Whether it be a two bedroom two bath house or condo, buying together could help get two more people into the market. Already living with someone? Bring in a third or fourth and share a home! People have been doing it for years. My first real estate buy-in was an \$80,000 condo split between two of us. Very manageable for a few years and then my first house in North Park.

Low interest rates, FHA financing with better rates and terms, other first time homebuyer incentive packages all make it easier to buy into today's market. Frankly I find it frustrating that many younger buyers just aren't aware or only want to buy "if I can buy my dream home now!" So which would you prefer...sharing a million dollar home with someone in San Diego or your own single family \$600,000 home...in Kansas! If you choose the latter, send us a postcard in January! There is always a way.

Mike Tristani

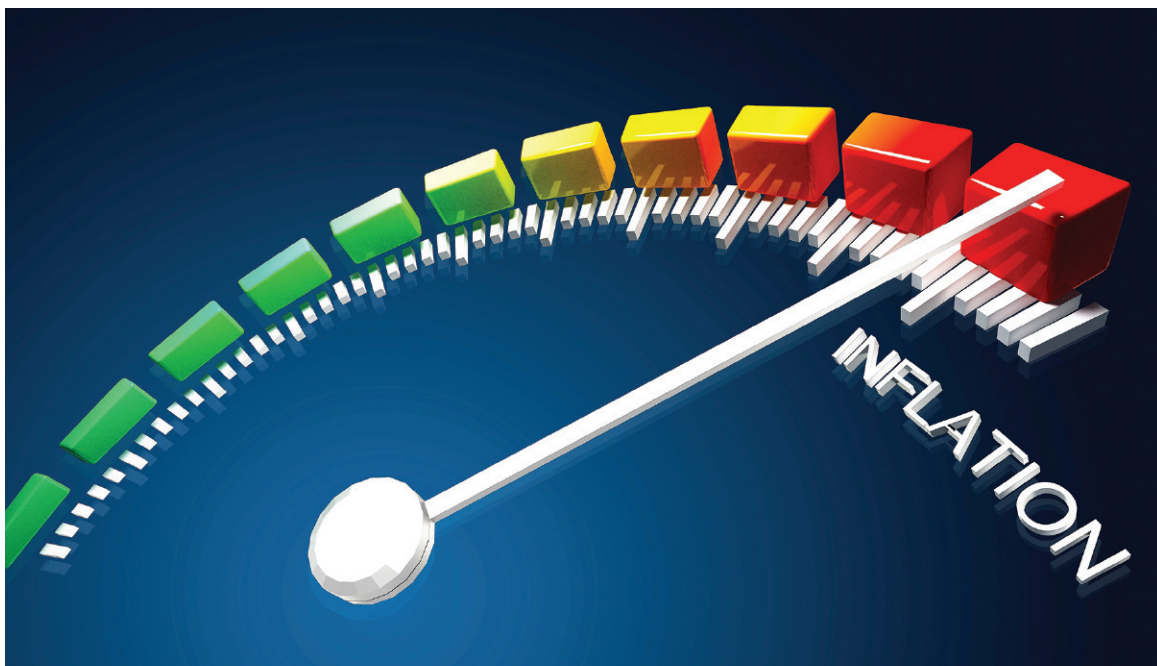
Edward Jones

*by David Tam,
Edward Jones in Kensington*

As you know, inflation heated up in 2021, following years of pretty stable—and low—numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics—strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times.



SHOULD INFLATION AFFECT YOUR INVESTMENT MOVES?

Companies that can pass along higher costs to consumers due to strong demand for their goods—such as firms that produce building materials or supply steel or other commodities to other businesses—can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising. Of course, it's still a good idea to

own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop—a concern if you decide to sell the bond before it

matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors—especially your risk tolerance, time horizon and long-term goals—should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down. ■

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



MARCH 2022

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		
	SPRING BEGINS			ST. PATRICK'S DAY		



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Metro communities



February 2022

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



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Metro communities

REVIEW:
BLACK RADISH

by Mike Tristani

Perhaps that name caught your attention? As we venture back out to restaurants we had a recommendation from a friend about this new space in North Park. On the corner of Villa Terrace and University in a rehabbed building is this new gem of a restaurant reminiscent of a bistro in San Francisco. Don't look for the name on the building, you'll only find a logo!

Chef Itze Behar is in the kitchen and John (co owner) is behind the bar AND makes the ridiculously good fresh bread every day. Chef Behar is establishing herself as a name to know in the restaurant world. She also runs The Tavern in Coronado near the Hotel Del.

Before I talk about the food, I must say the overall attention to detail both in service and execution of the dishes was superb. It is a smaller space with seating on both walls

and two larger community tables in the middle. We were a party of three and we were seated at the end of one of the community tables which was perfect. There was a two seat setting at the other end which provided adequate space in between parties. The corner bar would also be a good spot for dinner if just two people together.

Drinks! All beautifully presented, if one can say that about drinks, with my gin and tonic arriving with its own bottle of tonic, a small plate of limes and a very heavy glass of gin! I knew from this it was going to be a good night! Full bar and excellent wine selections.

Amuse bouche...not done in most restaurants but this one presented us with a small "spoon" of tempura halibut in an orange emulsion with a sliver of ...radish! Delectable.

The menu had some bar snacks like Fried Oyster, Roasted Pork Belly, Turkish Hummus and a Shrimp puff



BLACK RADISH



but we opted for the prix fixe meal of four courses per person to be able to sample as many dishes as possible. \$69 per person though one could easily navigate the menu for less. Four courses produced a lot of food! Here is what we sampled. First course of Citrus Poached Prawns, Diver Scallop Crudo and Herbed Beef Tartare. Each unique and each delicious. Prawns were large, scallop perfect and the tartare very flavorful. Also available was Lobster Toast and Summer Vegetables. Next time!

A second course provided



a Fall Salad of compressed apple, gorgonzola and cider vinaigrette as well as a very satisfying and full flavorful Curried Carrot Soup with Creme Fraiche. Soup, salad and their amazing grilled bread is a meal in itself.

Third course of entrees had a couple of special dishes added in. Our choices were Alaskan Halibut Almondine (perfectly cooked) on white asparagus and chips, Salmon in a green herbed sauce and the rack of lamb over a fragrant and savory tomato and cannellini bean combination. All three were well received, beautifully presented just the right amount on each plate. Other offerings included a Duck Breast, New York Strip Steak, Lobster Tortellini and Cornish Game Hen.

Were we finished?

Hell no! Because we did the prix fixe dinners we each chose a dessert. Usually we will share one dessert but this option got us three! French crepes in a delectable sauce, a trio of ice cream (shortbread, chocolate ganache and pomegranate sorbet) and my favorite, a poached pear in red wine stuffed with a white chocolate mousse served with almond cream. Each one of them would satisfy two people wanting just a small sweet ending to their meal. One last surprise...another amuse bouche! This time, a small round of a jellied tart and citrusy morsel to be a palate cleanser. A nice additional treat.

The Black Radish is a must go for the foodie in you! Open Wednesday through Saturday from 5-10 pm and Sunday for Brunch from 11-3 pm. Visit them at blckrdsh.com or call 619-269-1980. ■



— AMERICA'S —
TEST KITCHEN



DIRECTIONS

1. Stir all the ingredients in a bowl with rubber spatula until well combined.
2. Use your wet hands to roll the mixture into 12 balls (about 1 tablespoon each). Place the balls on a plate and cover with plastic wrap.
3. Refrigerate the balls until firm, at least 30 minutes.

Recipe notes: You can add 1 tablespoon of chia seeds or ground flax seed to oat mixture in Step 1, if desired. Energy bites can be refrigerated in an airtight container for up to three days. ■

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CRANBERRY-ALMOND NO-BAKE ENERGY BITES
INGREDIENTS — MAKES 12 BITES

- 3/4 cup (2 1/4 ounces) old-fashioned rolled oats
- 1/3 cup peanut, almond, or sunflower butter
- 1/3 cup sliced almonds
- 1/3 cup dried cranberries
- 2 tablespoons honey
- 1/8 teaspoon salt

by BHG.com

A well-designed family room can truly be the heart of the household. But too often the family room ends up feeling like either a formal parlor—stiff and uninviting—or a free-for-all kids’ playroom. Strike a balance by picking up some of these ideas for attractive, functional family rooms that look good and work hard for the families who live there.

CREATE FAMILY-ROOM FUSION

Balance family-friendly with sophistication by including plenty of color and chic patterns in your family room. Bright hues appeal to kids and adults alike, and a mix of patterns will give the space a designer vibe. Consider including outdoor fabrics, which are durable, or slipcovers, which are washable.

DESIGN IT TO BE SEPARATE, YET TOGETHER

Open living spaces can promote family togetherness: Mom and Dad can work in the kitchen while kids hang out in the living area or do homework at the dining table. Keep these distinct areas unified by using the same colors throughout, while using furniture placement to divide the activity zones.



HOW TO CREATE A FUNCTIONAL, STYLISH FAMILY ROOM

LOOK FOR FAMILY-FRIENDLY STORAGE

Keep children’s items within easy reach. Use chests that can double as coffee tables for storing toys. Designate lower shelves for kids’ books and baskets for toys.

CHOOSE WASH-AND-WEAR FABRICS

With washable slipcovers, your chairs and sofas will always look as good as new, no matter what spill or accident comes their way. Simply wash and replace, and no one will know that your 4-year-old spilled grape juice all over the

cream-colored couch.

EMPLOY A STOOL (OR TWO!)

Add stools for a chic way to keep extra seating on hand without visually weighing down a room. Plus, a set of matching stools can easily turn into an ottoman for someone on the couch, or be moved around the room to suit the sitter’s needs.

EMBRACE TRANSLUCENT SILHOUETTES

Use transparent furnishings and accessories to provide functionality without visual weight. Look for lamps with

glass bases, which will virtually disappear, allowing the eye to focus on other aspects of the room instead. Plexiglass tables and consoles can offer the same hardworking see-through style.

LOOK TO WALKWAYS AND PATHWAYS

Pay attention to walking areas and traffic flow when placing furniture in your family room. Give kids plenty of space to play, and make it simple to get from room to room.

CREATE SEATING FOR ALL

Create a flexible family

room by using a seating arrangement that is anchored by main pieces but still has plenty of corners and open spaces to pull up extra chairs. You can always nab a few chairs from a nearby dining space to place at the edge of the room for additional seating, while a pouf or ottoman can provide yet another seating source.

BUILD IN TV STORAGE

Solve the problem of the black box by hiding your TV inside an armoire. Armoires can hide bulky tube TVs just as easily as flat panel TVs, along with the accompanying devices and DVDs. Plus, you can incorporate an armoire that suits your style and melds with the look of your space.

GIVE YOURSELF SPACE TO BREATHE

There’s something comforting about sitting in a room lined with books, but an overstuffed bookshelf can read as cluttered rather than cozy. The key to a shelving unit that attracts the eye: breathing room between objects. Try arranging books on half of each shelf only, and use the other half to display collected treasures or framed pictures. Use books stacked horizontally to give petite objects a boost. ■

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HOW TO
CREATE A
FUNCTIONAL,
STYLISH
FAMILY ROOM

by BHG.com

First, keep in mind that while many plants are technically safe for cats and dogs, it’s best to eliminate temptation and place all houseplants out of reach. This will prevent possible tummy aches and digestive problems in your pets. If a pet ever does ingest a plant, make sure to watch them closely for any signs of a negative reaction. Just because a plant is nontoxic for cats and dogs doesn’t mean ingesting it will make them feel good!

1. AFRICAN VIOLET

Want pet-safe houseplants with blooms? Look no further than African violet. This versatile, hardworking houseplant is right at home with your pets. It comes in a range of purple hues, and it’s low maintenance and thrives without bright light.

2. ALUMINUM PLANT

The variegated gray-and-green leaves of this plant makes it an attractive option for the home. It’s one of many great easy-care houseplants safe for pets.

3. CHRISTMAS CACTI

Unlike their dangerous holiday counterpart amaryllis, Christmas cacti are not poisonous for pets like cats and dogs. The cactus may cause intestinal discomfort if ingested, but overall it’s a safer choice than many other festive plants.

4. FRIENDSHIP PLANT

This plant is named for the ease with which it can be divided and shared—so if you happen to receive

such a gift, rest assured it’s safe for your cats and dogs. But beware, pets may be especially drawn to the fuzzy, crinkly leaves.

5. CERTAIN KINDS OF HERBS

Indoor herb gardens are an easy, fun way to add fresh flavor to your cooking. But not all herbs are created equal when it comes to pet safety. Standards like lavender and oregano are off-limits, but pets are fine around basil, sage and thyme.

6. PEPEROMIA

This quirky plant has blooms that resemble tubes of lipstick, and is safe for cats and dogs alike. A native of the tropics, it thrives in bright light and loves being outside in the warmer months.

7. PARLOR PALM

This is the perfect solution for pet owners looking to add a small tree indoors. Safe for cats and dogs, it’s also great for green-thumb beginners.

8. POLKA DOT PLANT

This plant is perfect for adding a fun splash of pattern to miniature gardens, terrariums, mixed containers and more. Available in colors such as white and pink, it’s as versatile as it is whimsical.

9. PRAYER PLANT

Topping out at 6 to 8 inches, this plant is ideal for small spaces such as bookshelves and end tables. Its red, cream and green leaves curl up at night, giving it its name. What’s more, it’s one of the easiest houseplants you can grow.

10. SOME SUCCULENTS

Many of the most popular succulents—including hens and chicks, echeveria and rosettes—aren’t problematic. However,

with so many varieties on the market, it’s best to research each individual plant. Jade, for example, while similar to other succulents, is actually dangerous. ■

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10 PET-FRIENDLY HOUSEPLANTS

home health

Air quality has become a hot topic. COVID-19 heightened our awareness of all of our surroundings—especially the air we breathe. Because people spend 90% of their time indoors, especially during colder winter months, sorting fact from fiction about indoor air quality is crucial.

Trane Technologies, a global climate innovator, is helping debunk common myths about indoor air quality and offering tips to improve the air you breathe:

MYTH 1: OUTSIDE AIR IS ALWAYS BETTER

Debunked: Not always. It's healthy to get a dose of fresh air, but sometimes when you bring in outdoor air you can invite allergens, smog and humidity into your home. It can be better to filter your air to freshen and reduce particulates. According to Jason Bingham, president of Trane Technologies' Residential HVAC business, "An important aspect of helping people feel confident indoors is mitigating airborne health risks, especially those related to viruses, bacteria, pet dander and other particles."

MYTH 2: USING TECHNOLOGY TO MONITOR INDOOR AIR QUALITY WILL INCREASE ENERGY CONSUMPTION

Debunked: Not necessarily. Efficient and connected building technologies make it easier for experts to help builders install eco-friendly, economical heating and cooling solutions. Meanwhile, homeowners and building owners can use air quality monitors, which can detect certain potentially harmful gases and particulates, to make cost-effective, efficient decisions about improving air quality.



7 INDOOR AIR QUALITY MYTHS DEBUNKED

MYTH 3: ONCE THE PANDEMIC IS OVER, INDOOR AIR QUALITY WON'T BE A CONCERN

Debunked: Indoor air quality will always be important. Without adequate ventilation, harmful gases or particles can infiltrate the air. By reducing these irritants and pollutants, you can also reduce exposure to pathogens and conditions that can cause illnesses, respiratory problems and other health risks. Plus, less illness means less absenteeism from work or school. Improved air quality in homes and buildings can pay dividends for years.

MYTH 4: VACCINATED PEOPLE DON'T NEED TO WORRY ABOUT THE AIR QUALITY

Debunked: Vaccination is a

protection against specific viruses, but not all. Without proper ventilation, filtration and humidity control, there is a higher risk of contaminants circulating indoors and conditions that can encourage exposure to airborne viruses. Gases, particulate matter and other pollutants can also affect your health, especially if you have asthma or allergies.

MYTH 5: YOU CAN'T SEE AIR QUALITY SO YOU CAN'T FEEL CONFIDENT ABOUT THE AIR YOU BREATHE

Debunked: Sophisticated sensors and technologies are available that help you know and control air quality. According to Jason Bingham, "The first step is awareness and knowing the air quality within a home or

building. Once you understand your air quality and the various factors that impact it, such as ventilation and humidity, you can improve it."

An air quality sensor can monitor for dust and allergens. A filtration system can remove 99.98% of those allergens. And a humidifier can maintain the right balance of moisture.

MYTH 6: IF ROOM TEMPERATURE IS RIGHT, I SHOULD BE OK AND FEEL COMFORTABLE

Debunked: Humidity plays a big part in air quality and comfort: too high or too low can cause health problems, discomfort, mildew and unhygienic air. Indoor spaces that are the right temperature but don't have adequate ventilation can contain high concentrations of carbon dioxide, which can lead to drowsiness and headaches.

MYTH 7: THERMAL COMFORT (HOW WE FEEL) HAS NOTHING TO DO WITH AIR QUALITY

Debunked: Thermal comfort is based on temperature and humidity, and humidity plays a significant role in air quality. For example, airborne transmission of the SARS-CoV-2 virus is found to be more transmissible in dry air. As a result, researchers recommend relative humidity of 40% to 60%.

Busting these myths is just the tip of the air quality iceberg. Look to Trane Technologies to get to the bottom of indoor air quality solutions and how air quality affects you. You can also tune in to the Healthy Spaces podcast and learn more about real solutions to transform indoor spaces into healthier and safer environments. ■

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getting ahead of disease

HEALTHY MEN:

REDUCING MEN'S RISK OF CARDIOVASCULAR DISEASE

by Armin Brott

Dear Healthy Men: What's the top cause of death in men and what can guys do to reduce their risk?

A: Cardiovascular disease (CVD)—which includes heart disease, congestive heart failure, stroke, atrial fibrillation (A-Fib) high blood pressure, and other conditions that affect the heart and blood vessels—is by far the biggest killer of men (and women) in this country, accounting for about one in every four deaths.

CVD is also a major cause of disability and decreases the quality of life for millions. Because CVD interferes with your heart's ability to pump blood through your body, it can keep you from working, spending time with friends and family, playing with your children or grandchildren, climbing stairs, carrying groceries in from the car, and even having sex.

Even if you don't have

cardiovascular disease now, you may have one or more habits or conditions that could increase the chance that you'll develop it. Look at the list of statements below. If any of them are true about you, make an appointment to see your health care provider today. Just one "Yes" answer means you are at risk. Two "Yes" answers doesn't just double your risk—it actually quadruples it (increases it by four times). Having three factors increases your risk by 10 times:

- I'm 45 or older. (Your risk of developing cardiovascular disease doubles each decade.)
- An immediate family member (father, mother, brother, sister) was diagnosed with high blood pressure or some other kind of heart condition before age 55.
- I'm African American.
- I get little or no exercise.
- I'm overweight or obese.
- I eat a lot of salty foods and/or I add salt to what I'm eating.

- My cholesterol is high.
- I smoke.
- I have high blood pressure.
- I use recreational drugs, such as cocaine.
- I'm under a lot of stress (at work and/or at home).
- I drink more than two alcoholic drinks every day.
- I drink a lot of coffee (not decaf) or other caffeinated beverages.
- I have diabetes. (More than 80 percent of people with diabetes die of some kind of CVD.)
- I'm taking prescription medications that affect blood pressure. This includes Ritalin (drugs for attention deficit/hyperactivity disorder), steroids, migraine medications, any over-the-counter drugs that contain the ingredient pseudoephedrine, and any medication that contains stimulants such as caffeine.

Naturally, there's nothing you can do to change your age, family history, or ethnic

background. However, you can do plenty about the other risk factors—either on your own or in concert with your health care provider.

- Quit smoking. Smokers are much more likely than non-smokers to suffer heart attacks and strokes and far more likely to die as a result.
- Check your blood pressure. Diagnosing high blood pressure is easy—all you have to do is have it checked by your health care provider or do it on your own (blood pressure monitors are widely available).
- Watch your cholesterol. A provider will have to order the test, but you should keep an eye on your numbers: Total cholesterol should be under 200; HDL (the "good" kind) should be over 40, LDL (the "bad" kind) should be under 100; the triglycerides should be under 150.
- Eat right and get to a healthy weight. This means reducing sugars, red meats and highly processed foods, and increasing fruits, veggies, beans, nuts and whole grains.



- Exercise. Try for 30 minutes every day, but only after checking with your provider to make sure you're healthy enough.
- Chill. We all feel stressed sometimes, but too much stress for too long a time can cause serious—and potentially deadly—problems.

Finally, build a partnership with a health care provider. Getting baseline readings for

blood pressure, cholesterol, PSA, and other markers could save your life. You'll find an excellent list of which tests you should have and when at www.getitchecked.com. And you'll find additional information on cardiovascular disease from Men's Health Network at www.menshealthnetwork.org/library/Heartbeat.pdf. ■

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- HISTORIC KENSINGTON -

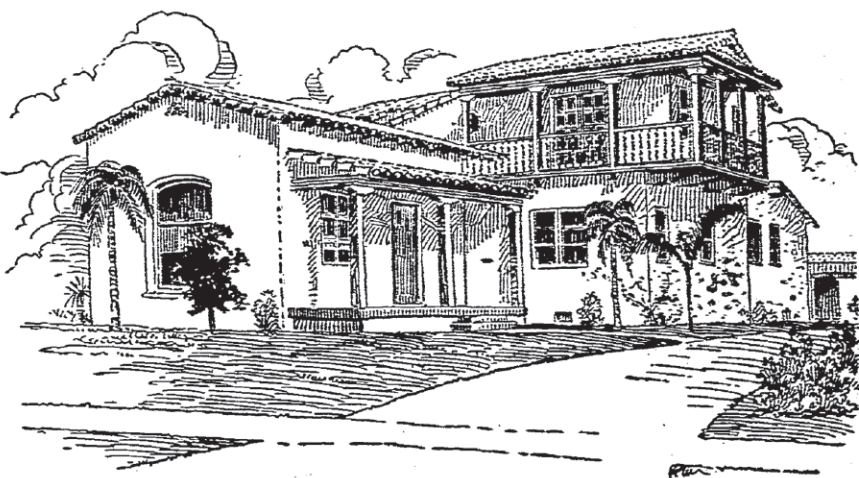
Here is a collection of ads from a long time ago promoting our community of Kensington! It is evident that the planning of this community had a very definite focus on style, layout and a desire to create "Southern California architecture" with a nod to the homes of Spain. While not the typical subdivision where buyers chose from Plan A B C or D, the custom nature of this neighborhood allowed for several different floor plans, predominately Spanish style along with Craftsman, a few Tudors and eventually some mid century modern homes. Were there duplicate homes in Kensington? Yes! A handful of the same floor plan was scattered around Kensington perhaps as some builders were

creating a name for themselves as Kensington grew. I know my home on Marlborough is duplicated on Argos but is the only other one of the same design.

Look around you... Chances are very high that what you see is what was created in the early part of the 20th Century. Communities such as Kensington, Burlingame, Mission Hills, Pasadena and many others will never be built again in Southern California. Preservation of this historic architecture and this historic neighborhood, in my opinion, is high priority.

Mike Tristani

FOR SALE



Another Sunshine Home

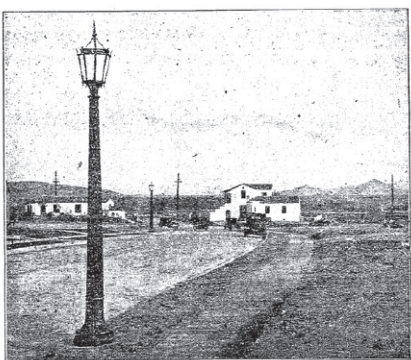
Just completed in the beautiful Kensington Heights at 5307 Marlborough. You will find this two story home of nine rooms, including a large living room with studio ceiling beamed and decorated. Artistic stairway to the second floor can be seen through a series of arches, with wrought iron grilles. Dining room 13x15. Breakfast room and serving pantry, beautiful kitchen with every convenience including double sinks. 4 large bed rooms with 4 tiled baths. Dressing room in connection with master bedroom and bath. This home must be seen to be appreciated. Buy now and enjoy the holiday season by your own fireside, says

PEAR' PEARSON

Designer and Builder

2536 San Marcos

Rand. 7481



A new HOME DISTRICT is building

Homes are open for inspection

Improvements are all completed, beautiful, true Spanish types of homes are building. A new residential atmosphere is being created in Kensington Heights. Just twenty minutes from the heart of the business district, on a land peninsula, called the mesa of Kensington Heights, you will find a home district that is protected in every way. It is being built for the more discriminating home owner. Added to this protection is the most inspiring view you have ever seen. A panorama full of the tradition and lore of San Diego. Every lot has been laid out to preserve the beauty of this view for the home owner. Come out now and inspect this new district of true Spanish homes. Some homes of the newest design in architecture are open for inspection.

NEW HOME BARGAINS
Mediterranean Spanish, 2 story, 7 rooms, 2 baths, built, Colonial, tile, cedar-lined closets. Price \$18,000—cash \$5,000.
Low, rambling Spanish, 1 story, lot 56x141, 7 rooms, built, Colonial, tile, cedar-lined closets. Price \$9,000—cash \$2,000.

Kensington Heights

DAVIS BAKER COMPANY

636 Spreckels Bldg.

How to Get to Kensington Heights:
Go out on Adams to Marlborough, then turn south 2 blocks to Kensington Heights.

OPEN HOME

AND NOT JUST ANOTHER "HOUSE"
(Between 2 p.m. and 5 p.m. Each Afternoon This Week)
Any Time by Appointment



5309 MARLBOROUGH ST.

- LARGE LOT
- CONVENIENTLY ARRANGED
- TWO BATHS
- 4 BEDROOMS

This house has just been vacated so it can be sold quickly. You should see it at once and you will agree, we are sure, that it is worth every cent of

\$6600

TERMS—TOO

This house is one of a group of homes, apartments, business property and lots belonging to an owner who says "SELL"—let us tell you of them.

Concentrated thought toward correcting "Special Assessment" evils is necessary and now is the time to take advantage of the ultimate results.

PHONE M. 2156
OR YOUR BROKER
FOR DETAILS:

JOHN BURNHAM & COMPANY

REAL ESTATE—MORTGAGES—INSURANCE

1044 FOURTH AVENUE

SINCE 1891

The owners and developers of **Kensington Manor**

"A restricted residential Park"

PRESENT

THE engineer's preliminary survey sketch, shown below, which will give those who visit Kensington Manor at this time, an opportunity to note the detailed consideration given to every modern principle involved in the creation of a residential environment.

WE HAVE received considerable inquiry concerning Kensington Manor and are forced to repeat that the property is not at this time ready for sale. However, if those interested will phone their names and addresses, we will be glad to send them, when completed, a descriptive booklet now in preparation. To those who desire to inspect the property and note its superb location—follow the Adams car line to Marlborough Avenue and turn a block north.

The ELLIS BISHOP CO
Pasadena Insurance San Diego
369-370 Spreckels Bldg. Main 2129
"Prosperity is largely a mental attitude"

Note: We have a descriptive booklet now in preparation. To those who desire to inspect the property and note its superb location—follow the Adams car line to Marlborough Avenue and turn a block north.

NOW--the first House is ready to start, in KENSINGTON HEIGHTS

First house to be model of Southern California architecture

The above picture is the architectural perspective finished by Requa for the first home in Kensington Heights. It is the first and only house of typical Southern California architecture and will not only be a living example for all home builders in Kensington Heights, but it will portray a style that best suits the traditions of all San Diego.

REQUA LAYS OUT FUNDAMENTALS OF ARCHITECTURE FOR ALL HOMES IN KENSINGTON HEIGHTS

In general, the buildings are low in proportion and rambling in character, simple, informal and representative to design and treatment. The exterior is finished in light-colored stucco, or plaster, or tile, or terra cotta, or concrete, or stone, or brick, or wood, or any combination of these materials. The interior is finished in light-colored stucco, or plaster, or tile, or terra cotta, or concrete, or stone, or brick, or wood, or any combination of these materials. The exterior is finished in light-colored stucco, or plaster, or tile, or terra cotta, or concrete, or stone, or brick, or wood, or any combination of these materials. The interior is finished in light-colored stucco, or plaster, or tile, or terra cotta, or concrete, or stone, or brick, or wood, or any combination of these materials.

A LOGICAL STYLE OF ARCHITECTURE for the ENTIRE TRACT

Requa has been called upon to create the concrete structure and scheme, etc., for the Kensington Heights. Another phase of development in Kensington Heights which is even more important is the surroundings. This is the thing that will make Kensington Heights a joy to live in—it is the part of our work which makes the property most valuable to the resident. It is a part of our work which has a monumental example of proper residential development. Probably no one knows better the type of architecture that is most adaptable to the conditions here in San Diego than Requa. To the end of positively keeping the types of buildings in Kensington Heights a unified style, Requa has prepared written fundamentals which are now incorporated in the restrictions of the tract. While these fundamentals do not prescribe the type of house exactly, they do eliminate the haphazard character and any simplicity. Through this watchfulness, in respect to the character of building, Kensington Heights will stand out in San Diego as a unit of individuality. Possibly no more is the development of Kensington Heights will show greater profit to the future residents than this one—not only from the financial standpoint, but, too, from the happiness of the right home surroundings.

The Road to Kensington Heights:
Go out on Adams to Marlborough, then turn south 2 blocks to Kensington Heights.

DAVIS BAKER COMPANY
636 Spreckels Bldg. San Diego, Calif.

Mike's Recent Market Activity

- HISTORIC KENSINGTON -



KENSINGTON! • 4321 Alder Drive • Offered at \$2,850,000

One of Kensington's most historic homes is now available! Over 4000 square feet of space on a half acre lot, this exquisite Spanish Colonial Revival was once in the ownership of a former President of Mexico! Grand living areas are comprised of a wood beamed living room, enclosed loggia with custom art work by famed Mexican artist Rendon, oversized dining room for very large gatherings and a separate family room with fireplace off the impressive entry! Four bedrooms including a very generous main suite with a vintage bath that is extremely classic, with all other bedrooms on the upper floor. Additionally there are two guest suites and a bath on the level looking into the canyon. Approximately 900 square feet of paver covered patio with central fountain...extraordinary entertaining space all overlooking the treed canyon. A masterpiece of a home in idyllic Kensington!



KENSINGTON! • 4804 Biona Drive

Spanish with Mills Act potential! Corner lot with three bedrooms, three baths, a family room and a pool! Nicely updated kitchen, hardwood floors separate dining and ready for its new owner. Close proximity to Kensington's "downtown."

Offered at \$1,499,000



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.

Closed at \$1,350,000



KENSINGTON! • 5002 Kensington Drive

Corner lot! Single story 2br 2ba plus family room looking for upgrades! Large usable lot with a two car garage. Hardwoods, fireplace, formal dining and living rooms and a large eat in kitchen!

Closed at \$1,200,000

Represented Seller and Buyer.

**NO ONE HAS SOLD MORE
HOMES IN KENSINGTON
THAN MIKE TRISTANI!**



ALVARADO ESTATES!

4777 Avion Way

**Closed at
\$2,650,000**

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.

