



# MetroVIEW

COMMUNITY HOME JOURNAL

MARCH/APRIL 2022

## TREES KENTAL INITIATES KENSINGTON'S OWN APRIL 23RD EARTH DAY



**T**rees Kental is excited to announce their first big event: a free, Inaugural KenTal Earth Day Celebration, Saturday, April 23rd from 11 AM to 2 PM at Kensington Library Park. Fun activities for all ages are planned, as well as drawings for free trees and other giveaways brought by exhibitors.

Adams Avenue Business Association and KenTal Community Association are major supporters along with a growing list of exhibitors, including Tree San Diego, I Love a Clean San Diego, San Diego 350.org, ArtFORM, Kensington

Fire Safe, Earthwell Refill, local Master Gardeners, and others. Attendees are asked to please bring their own refillable water bottles. No plastic please!

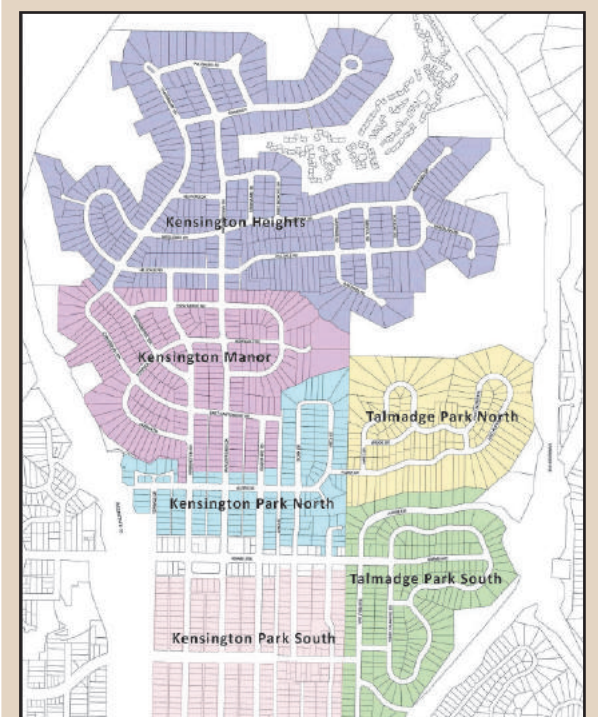
Hopes for beautiful canopy trees in Kensington seeded the recent formation of TreesKenTal—a new neighborhood group focusing on landmark tree identification, new planting sites and actual tree plantings. Neighbors who care about the community's trees and their role in improving our environment are welcome to join in by sending an email to [steve1.treeskt@gmail.com](mailto:steve1.treeskt@gmail.com) or visit [www.treeskental.org](http://www.treeskental.org). ■

### KENSINGTON HISTORIC DISTRICT UPDATE:

The Historic Kensington Steering Committee had another meeting recently to continue the process for this extraordinary task. From the last meeting and the input from the community we have added the Kensington Park South area to the mix! We now have a chair (Tom Adam) for that part of the neighborhood which covers parcels south of Adams down to Monroe Avenue and east to Van Dyke. Please see the revised map. That makes up all of Kensington!

Our next step as a steering committee will be to firm up the spreadsheets we will need to submit and their criteria which is a huge part of the process. Once we have that down, we will be utilizing volunteers in each district to help complete them. Please check the website [www.historickensington.org](http://www.historickensington.org). If you are interested in volunteering please send an email to [info@historickensington.org](mailto:info@historickensington.org) indicate your address and you will be directed to the appropriate chair. Please note that there will be a limited number of volunteers used in each subdivision to keep the process smooth and concise.

Watch for further updates on the website and in this publication. Let's make Kensington truly historic!



### YOU ARE INVITED TO THE FREE INAUGURAL KENTAL EARTH DAY CELEBRATION



**JOIN US ON:**  
**Saturday, April 23rd**  
**from 11:00 AM to 2:00 PM**  
Kensington Library Park  
4121 Adams Avenue, San Diego  
*COVID precautions at the time will be followed*



**FOOD, FUN, MUSIC, GIVEAWAYS, KIDS ACTIVITIES AND GREAT GO-GREEN IDEAS, PLUS DRAWINGS FOR FREE TREES!**

*Sponsored by Trees KenTal with partners Adams Avenue Business Association, Tree San Diego, Art FORM, Business for Good, I Love a Clean San Diego, Kensington Normal Heights Library, Kensington Talmadge Community Association, and others!*

**Let's help protect our wonderful community and fight climate change.**

\*Trees KenTal is a volunteer community organization working to protect and expand our community's environmentally sustainable green canopy.

website: [treeskental.org](http://treeskental.org) / email: [steve1.treesKT@gmail.com](mailto:steve1.treesKT@gmail.com)

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**And More!**



# WINNIE'S PICKS!

by Winnie Hanford  
of Kensington Video



## JACK REACHER (2022 – SEASON 1) 8 EPISODES

Based on the Jack Reacher novels by Lee Child

You may have seen the movie starring Tom Cruise. This Amazon exclusive stars Alan Ritchson as Jack Reacher, a former U.S. Army MP who becomes part of a murder investigation in a small Georgia town. The first season is based upon Lee Child's introductory novel, *Killing Floor*. The characters are excellent in their interaction with the silent but deadly Reacher. A sleepy Georgia town soon becomes the

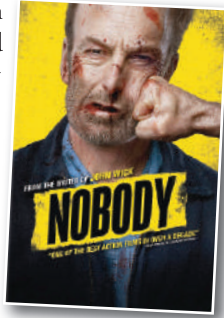


center of international crime and many murders. It's non-stop action with a great plot. Enjoy it on Amazon.

## NOBODY (2021)

Directed by Ilya Naishuller

Bob Odenkirk of *Better Call Saul* fame is the lead character, Hugh Mansell, in the twisting plot of *Nobody*. Mansell leads a routine life that affects his relationship with his wife and son. The young daughter is still daddy's girl. When a bungled burglary takes place in the family's home, Hugh obliges them. He



is seen as a coward and a loser by his teenage son, but there is more to his character. The past surfaces when he must retrieve his daughter's bracelet from the bungling burglars. Is it a double life or is he trying to escape his evil past? It's a complex story that has received high critical marks. It's worth a watch!

## THE POWER OF THE DOG (2021)

Written and Directed by Jane Campion

Two brothers are wealthy Montana ranch owners. George is the compassionate one contrasted by his brother, Phil, who is all cowboy and cynical to people outside his family. George meets Rose, a widow, a long with her son, Peter. In this psychological western, conflict arises when George marries Rose. Phil does everything to sabotage the marriage and mock the son.



Discoveries are made about Phil that will alter their relationship. The film has garnered many awards and could be an Academy Award winning film.

## NIGHTMARE ALLEY (2021)

Directed by Guillermo del Toro

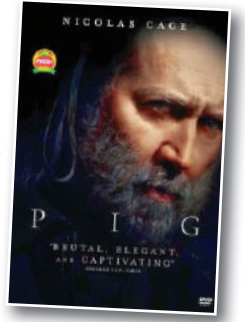
Stan Carlisle leaves his home for criminal reasons and joins a traveling carnival. He works for the owner doing jobs that require silence and discretion. In a short time, Stan becomes a protégée of Madame Zeena and her husband Pete. Zeena is billed as a clairvoyant enlisting a technique that involves coded language. Stan learns their skills of deceit quickly and launches his own act of communicating with the dead. Stan continues into a downward spiral of self-destruction. It's a psychological thriller based on William Gresham's 1946 novel, *Nightmare Alley*.



## PIG (2021)

Directed by Cary Michael Sarnoski

Robin Feld was a renowned Portland chef. His expertise and skill in preparing gourmet dishes brought him notoriety. Due to circumstances, Feld became a recluse, and used a special pig to forage truffles from the forest. One night, Feld is assaulted, and his pig is stolen. The theft affects his business of selling high-end truffles, but more than that, it is the loss of this precious pig, a companion to Feld. Information comes to Feld, portrayed by Nicolas Cage, that will help him to recover the pig, or is it too late? Cage's performance has received critical praise since its release.



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](mailto:kensingtonvideo.com).

## SPOTLIGHT: ANIMAL RESCUE GROUPS

Over the years I have featured several articles on the San Diego Humane Society, an organization near and dear to me. However, there are many other rescue organizations in San Diego County doing some very good work on the behalf of animals and they also need some recognition.

MetroView will devote an article in each issue to one of

these groups. My hope in doing this is that something you see will compel you to visit one of these groups, volunteer for them or perhaps even make a donation! Have a suggestion for a spotlight? Email me at [mtris@mac.com](mailto:mtris@mac.com).

First up...Lions, Tigers and Bears!

# WELCOME TO LIONS TIGERS & BEARS SANCTUARY

An exotic animal sanctuary and educational facility in Alpine, CA

Situated on 93 acres outside of Alpine, California, on the edge of the Cleveland National Forest, Lions Tigers & Bears is an animal sanctuary for rescued big cats, bears and other exotic animals in beautiful San Diego County. Nestled in a scenic landscape of majestic oak trees, meadows, and rolling hills, our sanctuary offers an idyllic, natural habitat for more than 60 animals who have been neglected and abused in captivity across the country. The ranch provides a peaceful refuge for the animals to live with dignity in a safe, nurturing environment, where they can run, play, swim and enjoy fresh air. Your membership, sponsorship, and support mean the world to us and ensure the animals get a second chance at a better tomorrow.



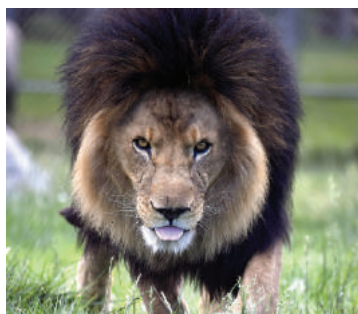
### OUR MISSION

Lions Tigers & Bears is dedicated to providing a safe haven to abused and abandoned exotic animals and to inspiring an educational forum to end the exotic animal trade. As a state and federally licensed 501(c)(3) non-profit, we are a NO KILL, NO BREED sanctuary that allows the animals in our care to live out their lives with dignity in a caring and safe environment.

Visit the website at [www.lionstigersandbears.org](http://www.lionstigersandbears.org).

Phone: 619-659-8078

Email: [inquiries@lionstigersandbears.org](mailto:inquiries@lionstigersandbears.org)



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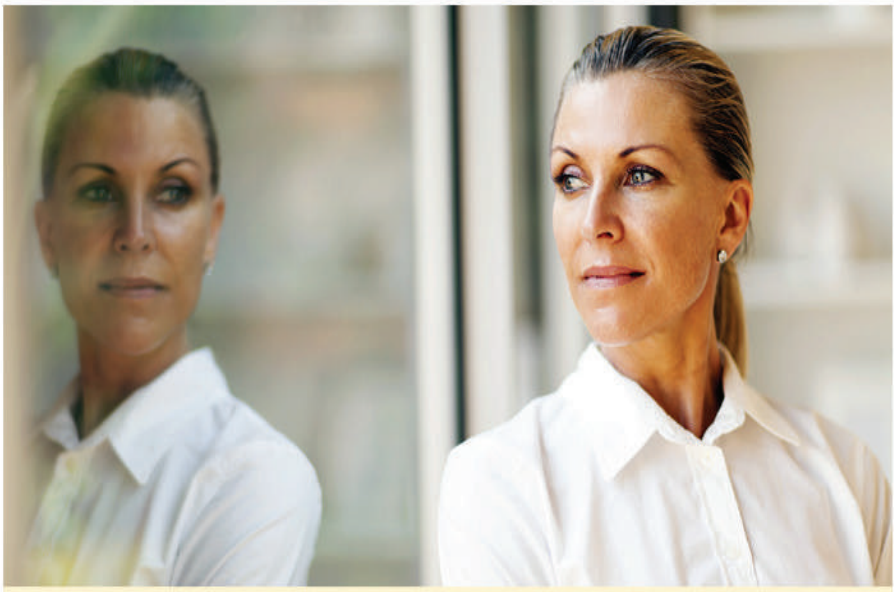
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## If you're leaving your employer, do you know your 401(k) options?

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.

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# VILLA & MISSION IMPORTS

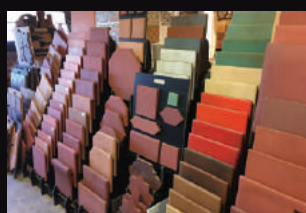
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## Good Neighbors Make For Good Neighborhoods!



Thoughtful new homeowners catering to Kensington's Canines!  
PLEASING THE POOCHES' PALATES!

## IMPORTANT WEBSITES FOR YOUR INFORMATION:

**Historic District/Kensington**  
[www.historickensington.org](http://www.historickensington.org)

**Fire Safety Council**  
[www.kensingtonfiresafe.org](http://www.kensingtonfiresafe.org)

**Kensington Talmadge  
Community Association**  
<https://kental.org>

**Kensington  
Garden Club**  
<http://ken-talgardenclub.org>

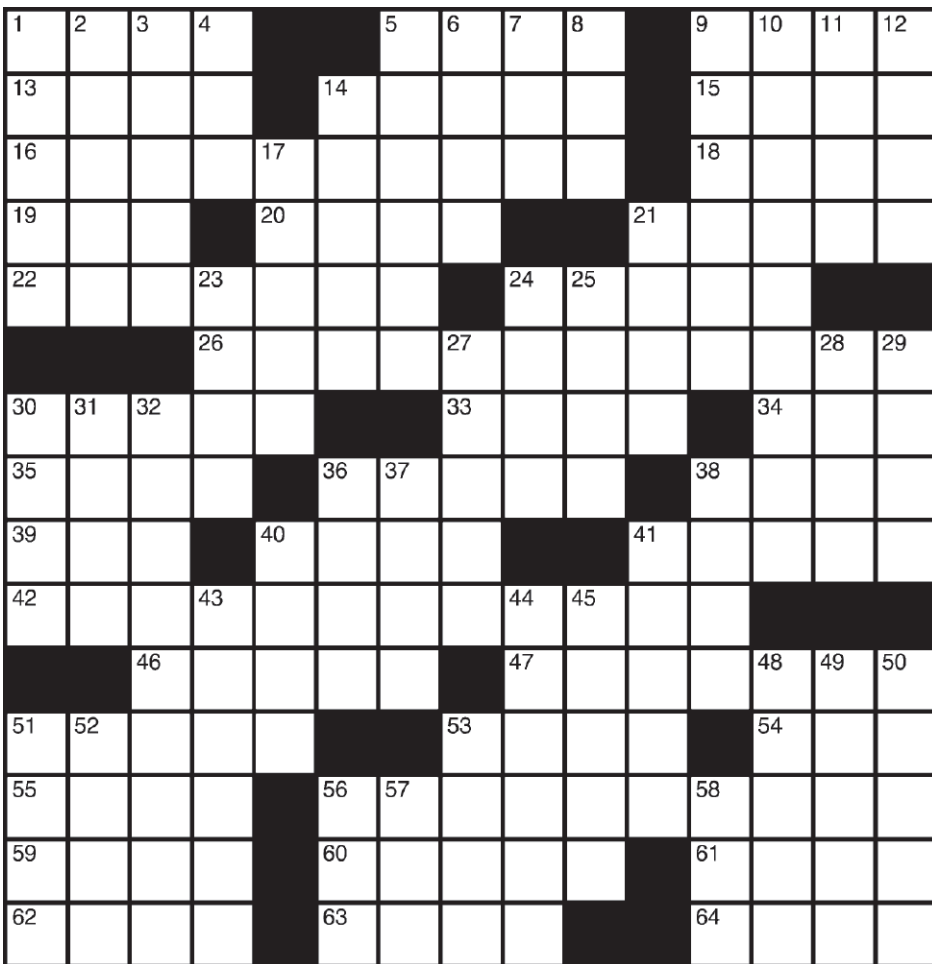
**Kensington Talmadge  
Planning Group**  
[www.ktpg.org](http://www.ktpg.org)

**SOHO Save Our  
Heritage Organization**  
[www.sohosandiego.org](http://www.sohosandiego.org)

Are there any websites that should be included here for the benefit of the Kensington community at large, Please let me know at [mtris@mac.com](mailto:mtris@mac.com)



# CROSSWORD PUZZLE



## ACROSS

- 1 Not imagined
- 5 On
- 9 Arthur of tennis
- 13 Country quarters
- 14 Be behind
- 15 Skier's need, maybe
- 16 Arose to catch the proverbial worm
- 18 President's Day event
- 19 Ivy League student
- 20 Dynamic prefix
- 21 Sushi bar brews
- 22 Ristorante favorite
- 24 "Holy smokes!"
- 26 Award won twice by Adele and Kelly Clarkson
- 30 Monks' wear
- 33 Total drubbing
- 34 Flatow of "Science Friday"
- 35 Opposite of home
- 36 Dozen dozen
- 38 Craftsy etailer
- 39 Tiny, for short
- 40 "Not long"
- 41 Guilty and not guilty
- 42 Philanthropist who was a Time Person of the Year co-honoree in 2005
- 46 Spectrum maker
- 47 Comment after a missed shot

- 51 Characteristic
- 53 Shred
- 54 Tint
- 55 "I didn't mean to do that"
- 56 Relatively unknown quality items ... and what can be found in 16-, 26- and 42-Across
- 59 Unmitigated joy
- 60 Seller, usually
- 61 Its symbol is Fe
- 62 Some cameras, for short
- 63 Amorously pursues
- 64 Fiddling emperor

- 23 With skill
- 24 Family outing destinations
- 25 Numbered piece
- 27 Outlet insert
- 28 Celestial bear
- 29 First Black MLB team captain, 1964
- 30 Not nervous
- 31 Something Mommy needs to kiss?
- 32 Computer screen background
- 36 Odin and Thor
- 37 Wander
- 38 "Need anything \_\_\_?"
- 40 Sulky state
- 41 Pie nut
- 43 Flowery van Gogh work
- 44 Battery terminals
- 45 Solution strength measure
- 48 "Over \_\_\_!"
- 49 Something from a mill?
- 50 Type of survey question
- 51 Duds
- 52 Dinner table staple
- 53 License plate fig.
- 56 "\_\_\_ come?"
- 57 Iconic WWII island, briefly
- 58 Winning game cry

## DOWN

- 1 Orion's left foot, some say
- 2 \_\_\_ Gay
- 3 Naysayers
- 4 Pelican State sch.
- 5 Biblical mount
- 6 Tropical root vegetable
- 7 Squeaky-wheel need
- 8 Tissue layer
- 9 Attack
- 10 Hazard in many old Westerns
- 11 Opening
- 12 Lambs' moms
- 14 New drivers, typically
- 17 Novel units
- 21 Whack at a mosquito

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## PUZZLE answers



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

## SCRABBLE GRAMS

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E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	G <sub>2</sub>	L <sub>1</sub>	L <sub>1</sub>	B <sub>3</sub>	RACK 1
A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	M <sub>3</sub>	M <sub>3</sub>	N <sub>1</sub>	RACK 2
A <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	N <sub>1</sub>	K <sub>5</sub>	H <sub>4</sub>	C <sub>3</sub>	RACK 3
A <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	L <sub>1</sub>	R <sub>1</sub>	G <sub>2</sub>	L <sub>1</sub>	RACK 4
E <sub>1</sub>	I <sub>1</sub>	I <sub>1</sub>	P <sub>3</sub>	T <sub>1</sub>	R <sub>1</sub>	F <sub>4</sub>	RACK 5

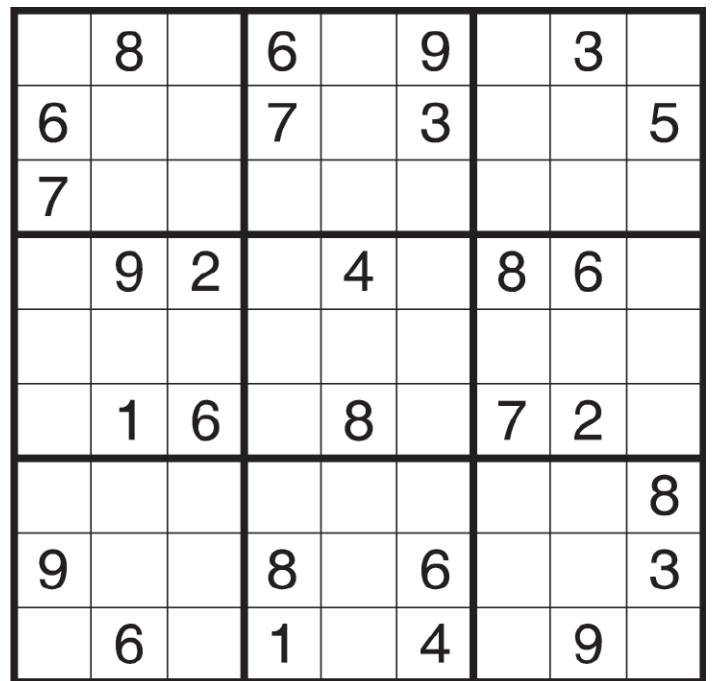
PAR SCORE 265-275  
BEST SCORE 338  
FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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 - Common Pets



- BIRD
- GUINEA PIG
- IGUANA
- DOG
- RAT
- HAMSTER
- CHINCHILLA
- TURTLE
- LIZARD
- GERBIL
- SNAKE
- CAT
- FISH
- CHICKEN
- FERRET
- MOUSE

## 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.

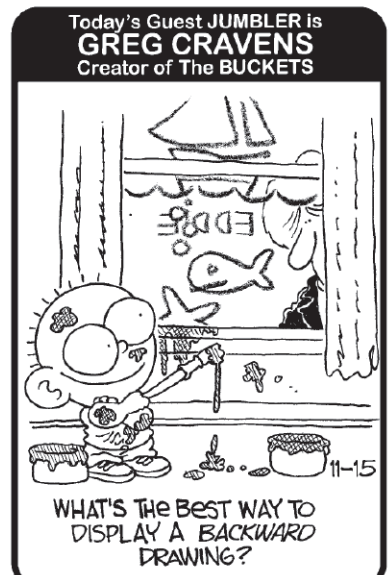
ARNGD

PEWIR

MEELAF

RWHYOT

IN A



Today's Guest JUMBLER is GREG CRAVENS Creator of The BUCKETS

WHAT'S THE BEST WAY TO DISPLAY A BACKWARD DRAWING?

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

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# REAL ESTATE Q&A

## 1) PRICES ARE UP AND I RECEIVED OVER LIST PRICE OFFERS. WHAT HAPPENS IF THE BUYERS APPRAISAL DOES NOT COME IN AT THE SALES PRICE?

In this market many buyers are making offers with “no appraisal contingency” which mean they will still perform if the appraisal comes in low. They will just have to make up the difference in cash as the lender will loan against the appraised value. Make sure the buyer has reserves to cover this should it happen. If there IS an appraisal contingency and it comes in low, then you are back to the table either agreeing to sell it at the appraised value or renegotiating with the buyer. Above all, if there is or isn't an appraisal contingency it is the listing agent's obligation to meet the appraiser at the property with comparable sales to support value. Do all agents do this? No. Some just let them use the lockbox and hope for the best! To me it is imperative to show up, even if at a vacant house.

## 2) CASH! SEEMS TO BE A LOT OF IT AROUND EITHER FOR ALL CASH OFFERS OR LARGE DOWN PAYMENTS. SHOULD I THINK ABOUT A “DISCOUNT FOR CASH”?

NO. All things considered if there are two identical offers and one is cash, that MIGHT be the one to go with as there will be no need to deal with a lender. However, a higher offer from a buyer financing the purchase should be a strong consideration. Due diligence means your agent should thoroughly check in with the buyers lender to confirm their credit worthiness. While the lender can't give you personal information they can give you a determination if the buyer is a strong candidate.

## 3) THE AGE OLD QUESTION... I DON'T WANT TO SELL MY CURRENT HOME UNTIL I FIND MY NEXT HOME. WHAT SHOULD I DO?

This is even more of an important question in this rapidly moving market. If you absolutely need to sell to buy then don't count on picking up a listing that is right up your alley because there are probably a handful of people also considering the same home...who don't have to sell. In other



words a contingent offer right now would usually not fly...unless the home has been on for a while and the seller has the time to deal with the contingency, if it is a salable home.

Check with your lender to see if you can swing both for a short period of time so that once you buy you can then sell and hopefully quickly. That also means having some cash on hand. One other option is to get your home sold and expect up to a 60 day rent back from the buyer. Most of these today are FREE! That buys you about 90 days to find a new home. If it doesn't happen then you will need a Plan B.

## 4) TERMITES! THEY ARE ALWAYS AROUND. DO I NEED TO DEAL WITH THEM?

It depends. Many offers today are not including termite reports and completions. From a lending standpoint if it is not in the offer or if it has been countered out of an offer then they don't usually require it. If it is in the offer asking for a report but not clearance then sellers only obligation is to provide the report. Buyer could, however, ask for termite “clearance” in their request for repairs. A negotiable item. Clearance means the work pointed out in the report is completed before closing...woodwork, fumigation, etc. There is one other option available and that is to give the buyer a credit for the amount of the termite work so that they can do it after closing. Those details

are usually worked out in a request for repairs. I have backed away from a lot of termite situations primarily because they are not included in a lot of offers. Not to mention that if you fumigate the house before closing, those little buggers can come back in a week or a month!

## 5) I HAVE A VERY DESIRABLE HOME AND SOMEONE WANTS TO BRING ME AN OFFER OFF MARKET? SHOULD I OR SHOULDN'T I??

If you will settle for the price they bring you then go for it. But...you will then never know what the open market will generate once you are on the market and exposed to the world. Especially now, it is important to be on the market first to see what array of offers you receive. Remember if a neighboring house got seven offers, only one buyer was successful. There may potentially be six other buyers who will try to buy yours. Your broker's expertise should guide you in pricing for this market. Not only that, the broker should be PRESENT. That, in particular, means for ALL showings. If they are not doing that, then they are not properly representing the seller.

Sellers rely on us for guidance on multiple offers. Being there for showings gives your agent or broker the information they need to help guide you through the complications of multiple offers.

*Mike Tristani*

THE  
BEST  
PROPS

## Edward Jones

by David Tam,  
Edward Jones in Kensington

If you're a certain age, you'll need to withdraw money from some of your retirement accounts each year. But in 2022, the amount you must take out may be changing more than in other years—and that could affect your retirement income strategy.

Here's some background: Once you turn 72, you generally must start taking withdrawals, called required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and your 401(k) or similar employer-sponsored plan. Each year, your RMDs are determined by your age and account balances. This year, the life expectancy tables used by the IRS are being updated to reflect longer lifespans. This may result in lower annual RMDs than you'd have to take if this adjustment hadn't been made.

If you've started taking RMDs, what does this change mean to you? It can be a positive development, for a few reasons:

- **Potentially lower taxes** – Your RMDs are generally taxable at your personal income tax rate, so the lower your RMDs, the lower your tax bill might be.
- **Possibly longer “lifespan” for retirement accounts** – Because your RMDs will be lower, the accounts from



## FINANCIAL FOCUS WATCH FOR CHANGES IN RMDs

which they're issued—including your traditional IRA and 401(k) – may be able to last longer without becoming depleted. The longer these accounts can stay intact and remain an asset, the better for you.

- **More flexibility in planning for retirement income** – The word “required” in the phrase “required minimum distributions” means exactly what it sounds like—you must take

at least that amount. If you withdraw less than your RMD, the amount not withdrawn will be taxed at 50%. So, in one sense, your RMDs take away some of your freedom in managing your retirement income. But now, with the lower RMDs in place, you may regain some of this flexibility. (And keep in mind that you're always free to withdraw more than the RMDs.)

Of course, if you don't really need all

the money from RMDs, even the lower amount may be an issue for you—as mentioned above, RMDs are generally taxable. However, if you're 70½ or older, you can transfer up to \$100,000 per year from a traditional IRA directly to a qualified charitable organization, and some, or perhaps all, of this money may come from your RMDs. By making this move, you can exclude the RMDs from your taxable income. Before taking this action, though, you'll want to consult with your tax advisor.

Here are a couple of final points to keep in mind. First, not all your retirement accounts are subject to RMDs—you can generally keep your Roth IRA intact for as long as you want. However, your Roth 401(k) is generally subject to RMDs. If you're still working past 72, though, you may be able to avoid taking RMDs from your current employer's 401(k) or similar plan, though you'll still have to take them from your traditional IRA.

Changes to the RMD rules don't happen too often. By being aware of how these new, lower RMDs can benefit you, and becoming familiar with all aspects of RMDs, you may be able to strengthen your overall retirement income situation. ■

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

# MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
				CINCO DE MAYO		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
MOTHER'S DAY						
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
						ARMED FORCES DAY
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				
	MEMORIAL DAY					



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# APRIL 2022



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



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## 3 WAYS TO SET YOURSELF UP FOR SUCCESS THIS YEAR

Now is the perfect time to reflect on past resolutions and establish goals that will help you kick off the new year right. Maybe you want to travel, read more books, learn a new skill or take up a new hobby. Whatever resolutions you set, it's important to create life-long habits to support your goals and overall wellness.

Not sure where to start? Registered dietitian Dalina Soto has three simple tips to set yourself up for success in 2022.

### 1. PRIORITIZE SELF-CARE

You don't have to be sitting in a bubble bath to practice self-care. It's all about finding moments to relax, refresh and enjoy the things you love. If you're an early bird, try taking your morning coffee outdoors or make a cozy spot in your home to write, meditate or read. If you're more of a night owl, carve out time before bed to recharge and reset. Whatever you decide to do, make sure it's something that rejuvenates you so you can tackle the rest of the day as your best self.

### 2. GET MOVING

Instead of making a resolution to go to the gym three times a week, think about how you can incorporate physical activity into your daily life through smaller steps that are easier to keep up with. Maybe every hour, you get up and take a walk around the

office or do a few stretches at your desk. Perhaps you'll start your day with a 10-minute yoga session or invite your friends to go on a lunch walk. All these movements add up and will help improve your mood, promote better sleep and even give you more energy to accomplish your other goals.

### 3. FUEL UP ON WHOLESOME NUTRITION

Getting enough key nutrients at every meal is essential to your physical and mental health. When you're properly fueled, you can better concentrate on your goals and how to achieve them. Instead of starting the new year with a restrictive diet, think of ways you can add wholesome, nutritious ingredients to your recipes.

"It's important to give your body the best fuel possible, and there are many foods that are likely already in your diet that can provide what your body needs," says Soto. "Eggland's Best eggs, for example, contain superior nutrition such as six times more vitamin D, more than double the Omega-3s, 10 times more vitamin E and 25% less saturated fat compared to ordinary eggs, making them the perfect ingredient to add to any of your go-to recipes in the new year."

Are you looking for a delicious recipe to help fuel your body throughout the day? Check out this recipe that packs a nutritious and



filling punch with chicken and Eggland's Best eggs.

### CHICKEN VEGETABLE BOWL

Prep time: 25 minutes;  
Cook time: 25 minutes;  
Makes 4 servings

#### INGREDIENTS:

- Chicken
- 1 pound boneless skinless chicken breast or tenders
- 1/4 cup olive oil
- 4 cloves garlic, minced or grated
- 1/2 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/2 teaspoon smoked paprika
- Rice and peppers
- 4 Eggland's Best Hard-Cooked Peeled Eggs, sliced
- 1 1/2 cups brown rice
- 3 cups chicken broth
- 2 peppers, sliced in strips
- 1 tablespoon olive oil

- 1/2 cup fresh parsley, chopped
- 1 clove garlic, minced
- Salt and pepper

#### INSTRUCTIONS

1. In large bowl, combine olive oil, garlic, onion powder, pepper and smoked paprika. Add chicken and toss well. Cover and place in fridge.
2. Add chicken broth to medium-size pot, bring to boil, then add the rice. Stir and place lid on pot and turn heat down to low. Allow rice to cook until all the water is gone and rice is no longer hard, about 30 minutes.
3. While rice is cooking, heat two skillets to medium-high heat.
4. Place peppers in zip-top bag and add 1 tablespoon

of olive oil and a pinch of salt and pepper. Seal and shake well to coat.

5. In skillet, sauté chicken for 3-4 minutes per side, flipping a couple of times until cooked through.
6. While chicken is cooking, cook peppers for about 5 minutes, flipping once or twice in another skillet.
7. Remove everything and let cool for 5 minutes. Once cool, dice chicken into cubes.
8. To assemble, divide rice among four bowls. Top each with equal amounts of chicken, pepper and Eggland's Best Hard-Cooked Peeled Eggs slices.
9. Garnish with shredded cheese and enjoy! ■

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## AMERICA'S TEST KITCHEN



## SALT-AND-VINEGAR SMASHED POTATOES

INGREDIENTS — SERVES 4

- 2 quarts water
- 1 1/4 cups salt
- 2 pounds small red potatoes
- Vegetable oil spray
- 1/4 cup extra-virgin olive oil
- 3 tablespoons malt vinegar
- 1/4 teaspoon pepper

## DIRECTIONS

1. Adjust oven rack to the upper-middle position and heat oven to 450 degrees. Set a cooling rack inside one rimmed baking sheet.
2. Add water to a large pot and bring to boil over medium-high heat. Add salt to water and stir with slotted spoon until dissolved. Add potatoes to pot. Cook potatoes until very tender and a paring knife slips in and out easily, 20 to 30 minutes.
3. Use a slotted spoon to transfer potatoes to the cooling rack set in the baking sheet. Let potatoes sit to dry out for 10 minutes.
4. Meanwhile, spray a second rimmed baking sheet with vegetable oil spray. Use a pastry brush to evenly coat the baking sheet with olive oil.
5. When potatoes are dry, transfer potatoes to the oiled baking sheet. Use a 1-cup dry measuring cup to press down on each potato to flatten until 1/2-inch thick.
6. Use a clean pastry brush to paint potatoes with half of the vinegar. Sprinkle potatoes with pepper.
7. Roast until potatoes are well browned and crisp, 30 to 35 minutes. Transfer baking sheet to cooling rack. Use a pastry brush to carefully paint potatoes with the remaining vinegar. Serve.

*Recipe notes:* Use small red potatoes, measuring 1 to 2 inches in diameter. If you prefer to use kosher salt, you will need 1 3/4 cups of Morton kosher salt or 2 1/2 cups of Diamond Crystal. ■



# TOP 2022 FOOD TRENDS EVERYONE IS BUZZING ABOUT

As people continue to put renewed focus on their wellness, their eating and drinking habits are transforming. Many people are seeking out delicious foods and beverages that are also wholesome. This has directly influenced the top food trends for 2022.

Better-for-you foods and flavors can be found throughout these trends that are gaining rapid popularity. Which will you be adding to your must-try list?

## SPICE IS NICE

Bring on the heat in 2022. People's love of spice is soaring, from interest in growing hot peppers at home to visiting new restaurants known for their spicy dishes. People are searching for new recipes such as those from India, Jamaica, and Thailand and making them at home. When you open pantries and spice cabinets, you can find an array of heat-enhancing items, from hot sauces to pepper blends and beyond. Adding spice to foods for flavor is a healthier alternative to salt and butter, plus hot foods may stimulate your metabolism, so this hot trend is also a healthy one.

## POWDERED NUT BUTTERS

Nut butter lovers rejoice - you can get satisfying protein



and enjoy your favorite flavors without all the fat and unnecessary ingredients. PB2 Foods is the original creator of powdered peanut butter, now offering a variety of plant-based products such as almond and cocoa butter that are certified gluten-free, kosher, vegan, and non-GMO project verified. Some of their newest innovations are cashew powder and PB2 Pre+Probiotic formula for digestive health. From a healthful addition to your morning smoothie to an ingredient you can feel good about when baking and cooking your favorite recipes, powdered nut butters have many uses in your kitchen.

## SUPER PREMIUM BEER

When it's time to enjoy a cold one, more people are putting extra thought into what's in their glass. Island Brands USA is one example of a company that's churning out better brews, using only all-natural ingredients, no GMOs, and zero fillers or artificial flavors to create their beers. One of the brands' clean options is Island Active, a light lager that has just 88 calories and 4.2 percent alcohol by volume, so you can enjoy each sip guilt-free. Cheers to the good life!

## REDUCITARIAN DIETS

Many people want to eat less meat and animal products but don't want to go fully

vegetarian or vegan. This is called *reducitarian*: making the active choice to reduce consumption of these types of foods. When *reducitarians* do purchase or consume meat or other animal products, they opt for higher-quality options, such as organic dairy and grass-fed meats. Interested in getting started? Adopt a few days a week to go meatless and try interesting new recipes, such as ones that feature mushrooms, beans, or eggplant instead of meat.

## ALTERNATIVE SNACKS

You crave the crunch of your favorite potato chips and salty snacks, but you know you could be making a healthier decision. HA! Snacks

is your answer. Standing for Healthier Alternative, these snacks are non-GMO, gluten-free, and vegan, with plenty of flavor and nutrition (and, yes, crunch!). Choose from Churro Loco, Cheddar Cheese, Spicy Chili Lime, BBQ Sauce, and Sour Cream and Onion. The flavor and clean ingredients of HA! Snacks will make you go ah-ha as they're the rare combination of great taste and good-for-you nutrients.

The common thread that connects these top trends of 2022 are better-for-you foods that don't sacrifice flavor or pleasure. That's something everyone can smile about. ■

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FOOD & BEVERAGE

## around town

# COMMUNITY SPOTLIGHT: KITCHENS FOR GOOD

by Mike Tristani

Here in Kensington we are lucky to have so many community organizers that create meaningful volunteer opportunities. In putting together this issue of *MetroView*, I found myself drawn to a very attention-worthy organization. Whether you have an itch to support your neighbors or simply want to get

connected with the community, this opportunity is well worth your time: If you are looking to help fight hunger in our communities, the folks over at Kitchens For Good could use your help! Kitchens For Good has several programs available to help others in need. They are dedicated to helping people access careers and the fresh start they deserve. Through their apprenticeship program,

their apprentices gain the knife skills and life skills they need to launch a meaningful career in the culinary and hospitality industry, so they can move forward in life and make a positive impact on our communities. Apprentices who are overcoming the impacts of incarceration, homelessness, and foster care hone their skills while making nutritious meals for food-insecure individuals and families. Without a doubt, this is one of those causes that can never have too much support.

It's so easy to get connected and involved with the wonderful people behind this organization. If you have the time, then your

help won't go unnoticed! Whether you are a corporate group, community club, or a group of friends looking to volunteer together, this organization will readily accept your help. Kitchens for Good has a variety of volunteer opportunities for individuals including packaging meals or helping out with special events. They even have a service where you can donate your underused kitchen items! Who doesn't have some of that in their kitchen? Please check [kitchensforgood.org/volunteer](https://kitchensforgood.org/volunteer) to see how you can lend a helping hand. Consider your options and spread those smiles! ■

KITCHENS FOR GOOD



Photo by Stacy Keck

Photo by Stacy Keck



## FIREWISE HORTICULTURE CAN BE COOL!

Thinking of a Spring gift for your lovely home, perhaps adding or replacing trees? How about considering along with beauty—their relative flammability?

Fire danger and non-native vegetation, including trees, can go hand in hand, because non-native vegetation generally burns at much higher rate. Some outlanders don't just burn, they can significantly intensify a fire—as documented in a 2018 study, funded by the San Diego River Conservancy.<sup>1</sup>

### EGAD EUCALYPTUS?

Flying embers and eucalyptus can become a Roman candle firework, according to Las Pilitas Nursery, a promoter of native vegetation.<sup>2</sup> They recommend a 250-foot buffer between homes and eucalyptus or pines trees, or perhaps... avoid these flame-lovers entirely? And, speaking of lovers, if a tall person can't easily walk under your trees, best to trim those lower limbs, and eliminate any dead limbs and grounded leaves that can light like matches in a fire.<sup>3</sup>



Fairmount Canyon Fire, 2019

### BUT, WHAT ABOUT OUR STATELY PALMS?

Washingtonia Palms, aka Mexican Fan Palm, and Date Palms are highly flammable; and dead fronds on any palm may become flying torches during a wildfire. In fact, detached flaming fronds were one of the worst fire spreaders in the Witch fire.<sup>4</sup> Since the Mexican fan palms don't release fronds naturally, they can collect into a highly attractive home for rats and mice. And, for those concerned about our warming planet, palms generally don't provide much cooling shade.

Great alternatives do exist! SDG&E

Sustainable Tree Program lists many trees as options including Arroyo, Red, Black, Desert or Sand Bar Willows, Western Rosebud, Coast Life Oak, Fremont Cottonwood, Western Sycamore, Holly Leaf Cherry and of course, Torrey Pine.<sup>5</sup> California Bay, Box Elder, Catalina Cherry, Santa Cruz Ironwood, or Palo Verde have also been recommended.<sup>6</sup> TreesKenTal is sponsoring an inaugural Earth Day on April 23rd and is hoping to give away some starters of great canopy trees.

### FOR FIRE SAFETY, THE SAN DIEGO BOTANICAL GARDEN SUGGESTS THESE NATIVES:

Toyon, Hollyleaf Cherry, Lemonade Berry, Laurel sumac, and Coyote Brush. (6)

### BOTTOM LINE:

For safety, beauty, and environmental sustainability... let's try to pick trees and plants that work for us and our community's future!

For more firewise gardening, check out Kensington Fire Safe's Master Gardener video at:

[www.kensingtonfiresafe.org/kensington-fire-safe-news](http://www.kensingtonfiresafe.org/kensington-fire-safe-news)

**Judy Harrington**  
Co-chair, Kensington Fire Safe  
[KensingtonFireSafe.org](http://KensingtonFireSafe.org)  
Member, Trees KenTal

"If you make improvements to your home so it is less likely to be seriously damaged or destroyed in a wildfire, it's only fair that your insurance costs should reflect that reduced risk...or at the very least, you should be able to find and keep affordable home insurance."

-- United Policyholders

## HAS YOUR BIG RATE INCREASE ARRIVED? MINE DID!

Or, a home insurance cancellation notice like some neighbors? Consumer advocacy group, United Policyholders (UP), is tackling this through their **Wildfire Risk Reduction and Asset Protection Project** ("WRAP").

Along with the CA Insurance Department, insurers, Fire Safe Councils and a host of other agencies, WRAP hopes to establish for the first time:

1. Uniform, scientifically based, industry-accepted home hardening standards,
2. Standardized home inspection and certification programs, and A key component –
3. **Insurance incentives** for California homeowners to meet standards —CA Dept. of Insurance has draft regulations to do just this.

The industry's research group, the Insurance Institute for Business and Home Safety, is developing a "Wildfire Prepared Home" designation, which our insurers could use to providing discounts or other incentives—details at the link below but basically, requirements under discussion are:

1. Class A fire-rated roof
2. Ember-resistant vents - 1/8 inch
3. 6-inch vertical non-combustible clearance at the base of walls—could be siding, or other non-combustible material from the ground up six inches
4. No combustible siding
5. No combustible materials within 5 feet of the house "home ignition zone"
6. No materials in vents
7. Attached decks that are enclosed, and no combustible materials underneath.
8. Any fence touching or within five feet of house is noncombustible
9. No combustible outbuildings near home
10. Yard is clear of debris.

"Wildfire Prepared Home" designations may start this summer in California. So, if you're considering some home renovations, you might save future insurance dollars as well as help protect your home, and your neighbors by implementing these target requirements now.

More info at: [www.kensingtonfiresafe.org/dumpathon](http://www.kensingtonfiresafe.org/dumpathon)  
Insurance info: <https://ibhs.org/wildfire-prepared-home/> and <https://uphelp.org/>.

*Note: Several insurance companies offer discounts already for firehardened homes, mostly for "Fire Wise Communities" that meet specific wildfire damage-resistance criteria. Obtaining this designation requires a lot of volunteer efforts and homeowner cooperation, but already hardened homes as well as having a Fire Safe Council is a help! Kensington's not a FWC.*



## in the home | tips and tricks

# FAST, EFFICIENT CLEANING HACKS TO ADD TO YOUR BAG OF TRICKS

by BHG.com

Tuck these ideas into your bag of tricks and you'll have your home spick-and-span in no time.

### CLEAN YOUR CABINETS WITH YOUR VACUUM

Use your vacuum's brush attachment to pick up dust and crumbs inside. Outside, concentrate on the area around the hardware using a cloth dampened with warm water and Murphy Oil Soap.

### USE YOUR DISHWASHER TO CLEAN LIGHT FIXTURES

Run removable glass pieces, such as domes, through the dishwasher. Run a drying cycle, too, to reduce spotting.

### USE A PILLOWCASE TO CLEAN A CEILING FAN

Slip a pillowcase over ceiling fan blades, one at a time, then wipe. Dust falls into the pillowcase, not on your furniture and floors.

### USE OLD SOCKS TO CLEAN BLINDS

Put an old sock on one hand and spritz it with water. Grip each panel of the blind and slide your sock-covered hand from one end to the other, removing dust from both sides of the slat at once.

### USE A PAINT ROLLER TO CLEAN POPCORN CEILINGS

Roll a damp high-nap paint roller over the ceiling to pick up dust and cobwebs without knocking down pieces of the ceiling the way sweeping would.

### CLEAN WINDOW TREATMENTS FASTER BY NOT TAKING THEM DOWN

Instead of taking down curtains, just shake them out to remove loose dust. Then vacuum from top to bottom using the upholstery attachment.

### SPOT-CLEAN FABRICS WITH BABY WIPES

Baby wipes are surprisingly

effective because they contain very little moisture, have gentle cleaning agents and dry quickly. Just don't confuse them with cleaning wipes, which might contain bleach or other harmful chemicals.

### USE TENNIS BALLS TO LAUNDRER COMFORTERS

You can machine-wash most comforters in front-loaders, as long as the comforter fills only half the washer. Dry with tennis balls to keep the stuffing from collecting in one corner.

### HAVE YOUR KIDS CLEAN YOUR MATTRESS FOR YOU

Have your kids jump on the bed to bring up dust from inside. Then vacuum the mattress top. (*If your vacuum has a beater bar, turn the bar off first.*)

### USE LEMON OIL AND VINEGAR TO GET WOODWORK THAT SHINES

To remove dust and dirt buildup from woodwork and leave it looking



shiny, wipe it down using a mix of one part lemon oil to one part white vinegar.

### CLEAN YOUR DISHWASHER WITH LITTLE EFFORT

Add 1 cup baking soda to the bottom of your empty dishwasher and let it sit overnight. Run the hottest possible cycle, using vinegar instead of detergent, to clean and deodorize your dishwasher. Remember to remove debris from the filter.

### REMOVE HARD-WATER STAINS BY WALKING AWAY

But first, soak paper towels in undiluted vinegar and place on the buildup. Leave overnight, then scrub and rinse.

### CLEAN FASTER WITH THESE THREE THINGS:

- A 50-foot, 16-gauge extension cord lets you plug in your vacuum at a central location so you can clean a whole level without stopping to find another outlet.
- A microfiber mop with an extension pole dusts ceilings and walls quickly and easily. When you're done, just remove the cover and toss it in the wash.
- A double-sided squeegee is the best tool for cleaning windows. Dip it in your cleaning solution of choice and work in a tight S-pattern from top to bottom. ■

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# - HISTORIC KENSINGTON -

## LET THERE BE LIGHT

by Maggie McCann

We have new neighbors moving into Kensington all the time. Many probably do not know that we have several Maintenance Assessment Districts (MADs) that were formed in order to maintain and preserve our historic street lighting. The annual assessment appears on your property tax bill and runs around \$100 per year per participating household. The assessments fund the energy and maintenance costs of street lighting facilities above the City standard. The service includes procurement, installation, repair, replacement, operation and maintenance of identified ornamental street lighting improvements. Ornamental street lighting provides a unique neighborhood identity and enhanced community image.

City street lighting systems “back in the day” evolved from gas lamps atop free-standing poles, to early electric lights atop 150 foot poles, to multi-globe electroliers. Streetlight electroliers are defined as freestanding incandescent lamps generally on their own posts. Many residential neighborhoods that developed just before the First World War and during the decade that followed chose mass-produced single-upright electroliers, most of which by the early 1920s featured acorn-shaped globes.

There are two primary types of historic lighting in Kensington. In areas like Kensington Manor and Talmadge Park, an acorn-shaped luminaire tops a Marbelite lamp post. The Marbelite style is a concrete lamp post with fluted tapering column and bell-like base. Early advertisements for Kensington Manor in 1926 specified Marbelite Type 500 Ornamental Street Lights as part of the new subdivision’s infrastructure. These were manufactured by Marbelite Corporation of America in Los Angeles. The post itself contained decorative elements, often with Greek key or acanthus leaf patterns, referred to as “Aegean” or “Delphi” style.

Further north, in Kensington Heights, the streetlights that were originally installed at the subdivision’s inception were Union Metal design number 792 fluted metal posts, called “Empire” style. The original lantern luminaires topping the decorative metal poles were General Electric Novalux Lantern “R”. The Empire luminaires are what we colloquially call “Crown” lights, and the same lamp post and lantern can be found in Hollywood and Pasadena. Union Metal Manufacturing Company is still located in Canton, Ohio.

Kensington Park, founded in 1910, had its own style of lighting that pre-dated the Marbelite electroliers. No longer in existence, at each intersection were double-headed globe luminaires mounted on poles. These most likely were the model UM-1906 from the Union Metal Company, as this was the standard streetlight being installed in Los Angeles at the time and would be readily available in San Diego. The Kensington Park subdivision also had “Utilitarian” streetlights, which are lamps attached to an overhead wire or to a power pole.

Many of the streetlights you see lining the streets of Kensington are original to the founding of the individual subdivisions. Some alterations or replacements have occurred over the years, and part of the goal of the MADs is to restore the right post and luminaire to the right place. In the Kensington Manor Unit No. 2 subdivision, for example, all seven Marbelite Type No. 500 Ornamental street lights, manufactured circa 1925 by Marbelite Corporation of America and installed by 1926 in the public right-of-way, have been identified as Contributors to a future historic district.

You can help keep Kensington historic by treating these antiques gingerly—avoid fastening signs to the posts, and if you have maintenance concerns, such as a post needs painting or a lantern is broken, please report it to the “Get It Done” app via the City of San Diego. ■

1940s KenPark Lamp Post



Original Crown Lamp Post



Crown Lantern



Acorn Lantern



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## Mike's Recent Market Activity

# - HISTORIC KENSINGTON -



**HISTORIC  
DESIGNATION  
POTENTIAL!**



**KENSINGTON! • 4321 Alder Drive • Offered at \$2,679,000**

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! • 4371 North Talmadge**  
Classic Spanish single story with three bedrooms, two baths and three fireplace! Barrel ceiling grand living room, formal dining with graceful ceiling and a new kitchen! All on an open floor plan! This casita has a private garden area detached garage and is on a quiet loop in Kensington!  
**Offered at \$1,559,000**



**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."  
**Closed at \$1,550,000**  
Represented Seller and Buyer.

**BUYER DEMAND AT  
AN ALL TIME HIGH!  
I HAVE NEW  
PROPERTIES COMING  
UP WHICH WILL  
CERTAINLY SELL  
QUICKLY, BUT  
ALWAYS READY FOR  
YOUR HOME!**

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