

MAY/JUNE 2022

SAN DIEGO'S FARMERS MARKETS

Coronado Certified Farmers Market

Tuesday: 2:30 PM to 6:00 PM
Coronado Ferry Landing
1201 First St at B Ave
Coronado, CA 92118

City Heights Certified Farmers Market

Saturday: 9:00 AM to 1:00 PM
On Wightman St from Fairmount Ave to 43rd St
San Diego, CA 92105

Gaslamp Artisan Market

Saturday and Sunday: 11:00 AM to 4:00 PM
Fifth Ave from Island Ave to J St. and
Island Ave from Fourth Ave to Fifth Ave
San Diego, CA 92101

Little Italy Wednesday Certified Farmers Market

Wednesday: 9:30 AM to 1:30 PM
501 W Date St from Kettner Blvd to Front St
San Diego, CA 92101

Little Italy Mercato Certified Farmers Market

Saturday: 8:00 AM to 2:00 PM
501 W Date St from Kettner Blvd to Front St
San Diego, CA 92101

Tuna Harbor Docks Market

Saturday: 8:00 AM to 1:00 PM
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor)
San Diego, CA 92101

Hillcrest Certified Farmers Market

Sunday: 8:00 AM to 2:00 PM
3960 Normal St from Lincoln Ave to University Ave
San Diego, CA 92103

North Park Thursday Certified Farmers Market

Thursday: 3:00 PM to 6:00 PM
2900 North Park Way from 30th St to Granada Ave
San Diego, CA 92104



La Jolla Open Aire Market

Sunday: 9:00 AM to 1:00 PM
7300 Block of Girard Ave at Genter St
La Jolla, CA 92037

Ocean Beach Certified Farmers Market

Wednesday: 4:00 PM to 8:00 PM (April - September)
Wednesday: 4:00 PM to 7:00 PM (October - March)
4900 Newport Ave from Cable St to Bacon St
San Diego, CA 92107

Pacific Beach Certified Farmers Market

Saturday: 8:00 AM to 12:00 PM
4150 Mission Blvd from Reed St to Pacific Beach Blvd
Pacific Beach, CA 92109

Pacific Beach Tuesday Certified Farmers Market

Tuesday: 2:00 PM to 6:00 PM
4500 Bayard St. from Garnet Ave to Hornblend St
San Diego, CA 92109

Kearny Mesa Certified Farmers Market

Saturday: 10:30 AM to 2:30 PM
Service Road from Lightwave Ave to Spectrum Center Blvd
San Diego, CA 92123

KENSINGTON HISTORIC DISTRICT UPDATE:

While not a major update to give the community, the steering committee is diligently working on the more tedious work of preparing the spreadsheets with property information, dates of completion, etc. It is a big community and a time consuming task. Once the spreadsheets are complete there will be a need for photography. Read about how Inspiration Heights in Mission Hills was recently added to the National Historic Register at their website www.MissionHillsHeritage.org. Their project gives us confidence that we can accomplish the same!



HISTORIC KENSINGTON



HISTORIC KENSINGTON! 4949 WESTMINSTER TERRACE

Welcome to this two story Spanish Colonial with Historic Designation! Located on one of Kensington's best streets this home has had significant upgrades over the last few years. Four bedrooms three baths, a remodeled kitchen with beautiful appointments, adjacent family area and generous living and dining rooms are just a few of the features. Outdoors, a heated salt water pool w/40 ft lap area is set in an array of olive, oleander, jasmine and blood orange trees. Limestone patio around the pool and the outdoor eating area transports you to Provence!! An exceptional opportunity to acquire the ultimate Kensington home...a two story Spanish with Historic Designation and upcoming Mills Act this year.

Offered at \$2,445,000

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INSIDE THIS ISSUE:



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SUDOKU & MORE!**
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SPEAKING**
Page 11



MARKET VIEW
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And More!

WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



THE THING ABOUT PAM (2022 – SEASON 1)

6 EPISODES
Narrated by Keith Morrison

Betsy Faria was murdered in 2011. Her husband was convicted of the crime, but the verdict was soon overturned. The investigation turns to Pam Hupp, a friend of Betsy Faria. The manipulation and diabolical scheming will show how people can get duped. The series weaves a comedic tone into the investigation which has been a subject of criticism. If you are a fan of murder mysteries, give it a

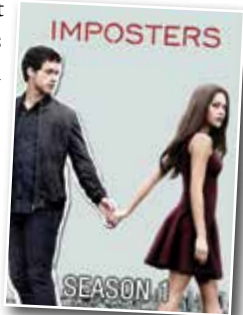


try. The story originally aired on Dateline and then became a series starring Renée Zellweger, Josh Duhamel, and Judy Greer.

IMPOSTERS (2017 – SEASONS 1 & 2)

20 EPISODES
Created by Adam Brooks/
Paul Adelstein

This cleverly written series features a female con artist. She is so endearing that you would never suspect her motives. Her latest victim is intent on finding her and solicits the assistance of others who have



been conned by her wily schemes. However, there is another level of deceit that is uncovered that puts everyone's life in danger. You will be begging for a third season. It's a Winnie's Pick!

SEVERANCE (2022 – SEASON 1) 9 EPISODES

Directed by Ben Stiller/
Aoife McArdle

Employees of Lumon Industries separate their work memories from their personal memories through a medical process called 'severance.' Once the employee enters the elevator, a chip suspends all knowledge of their outside world. They bring no drama or regrets to the job creating a more focused employee. At the end of the day, they revert to their personal life with no recollection of what they did for those eight hours. Will anyone begin to have questions? It's a clever



sci-fi premise that requires a few episodes to get into it. Stars: Adam Scott, Britt Lower, John Turturro, Patricia Arquette, and Christopher Walken.

THE INVENTOR: OUT FOR BLOOD IN SILICON VALLEY (2019)

Directed by Alex Gibney

Elizabeth Holmes was the darling of Silicon Valley. She created



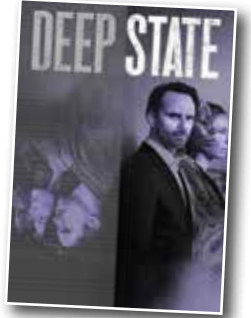
Theranos, a company designed to revolutionize the screening of blood samples. She solicited huge investments from the rich and powerful. The problem was the science. It was a scam of incredible magnitude. This documentary-style film presents the rise and fall of a biotech firm that may have been well-intentioned but lacked the scientific foundation to succeed. In other words, it was too good to be true. It's a Winnie's Pick!

DEEP STATE (2018 – SEASONS 1 & 2)

16 EPISODES

Directed by Robert Connolly/
Matthew Parkhill

Max Easton is a retired MI6 field agent who lives a simple country life with his wife and children, but is a special agent ever retired? Max must avenge the death of someone close to him and find the traitor that set up his team over an arms deal. Leaving his family behind, Max's wife discovers some of her husband's past in a hidden safe. The discovery will put her family at great risk. The plot is too complicated to give many details of this fast-paced espionage drama. This BBC production is worth watching. Stars: Mark Strong, Walton Goggins, Joe Dempsie, and Karima McAdams.



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.

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.

Next up...Friends of Cats!

FRIENDS OF CATS

Friends of Cats, Inc. is a no-kill shelter for cats located in El Cajon, California, and is incorporated as a tax exempt, non-profit organization under IRS rule 501(c)(3) (Tax ID 95-6111755). We are dedicated to providing shelter and medical care to abandoned cats and those whose owners are unable to care for them. Once their health is assured, we work to find them good homes. We do not euthanize, except as a matter of compassion if a cat is terminally ill or suffering. From kittens to older resident cats living out their lives, as well as an ever changing population of adoptable cats, the shelter houses over 270 cats at any given time. Friends of Cats, Inc. receives no public support operating solely through memberships, donations, revenue from adoptions and relinquishments, grants, and legacies.

OUR MISSION

To maintain a shelter for homeless and unwanted cats with the goal of placing all healthy cats into loving adoptive homes while providing sanctuary for cats that are terminally ill, considered unadoptable, or whose owners have arranged for their continued lifetime care. In a nurturing, rehabilitative environment, we ensure the health of all cats entrusted to our care, promote spaying and neutering, and resort to euthanasia only as a matter of compassion for cats whose terminal illness causes suffering.



"Bailey"
Shelter Mascot

Visitors are welcome 10 am to 4 pm Tuesday through Sunday

Potential adopters may come in 10am to 3:30pm Tuesday through Sunday

Owner Relinquishments are by appointment only, Call 619-561-0361

Volunteers are welcome with an appointment, Call 619-561-0361

Since 1929 Friends of Cats in El Cajon, California has been a sheltering place for homeless cats awaiting adoption or living in safe sanctuary. Cats are free to roam the interior rooms and we are a true no kill shelter.



Friends of Cats
You can't buy love ... but you can adopt it!

15587 Olde Highway 80, El Cajon, CA 92021 | (619) 561-0361

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Edward Jones ranks highest in investor satisfaction with full service brokerage firms, according to the J.D. Power 2021 U.S. Full Service Investor Satisfaction StudySM

Why? Because we work to provide you with the individualized answers and attention you need.

The 2021 U.S. Full-service Investor Satisfaction Study is based on responses from 4,392 investors who make some or all investment decisions with a financial advisor. The study was fielded from December 2020 through February 2021. For more information, visit jdpower.com/awards.

Rating may not be indicative of future performance and may not be representative of any one client's experience because it reflects an average of experiences of responding clients.

Contact me at 619-521-1343 to get started.

Edward Jones - It's Time for Investing to Feel Individual.



David S Tam, AAMS®
Financial Advisor

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

LET'S TALK TODAY.



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- Talavera: Hand Painted Tiles: Non-Lead Available
- Street Numbers and Hand-Painted Plaques
- AutoCAD Provided



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IMPORTANT WEBSITES FOR YOUR INFORMATION:

Historic District/Kensington
www.historickensington.org

Fire Safety Council
www.kensingtonfiresafe.org

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

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

Kensington Talmadge Planning Group
www.ktpg.org

SOHO Save Our Heritage Organization
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

SAVE THE DATE!

The Gardens of Kensington

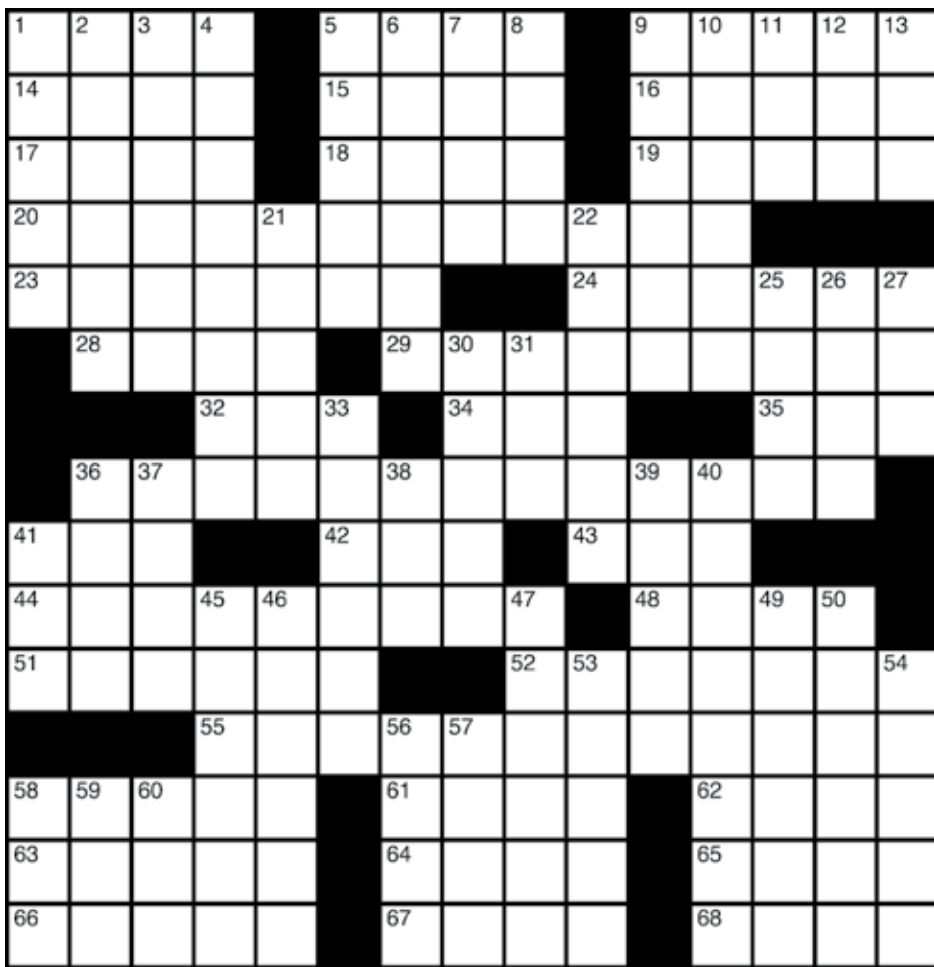
On June 11, 2022, the San Diego Floral Association will present this year's annual garden tour in Kensington.

This is your rare opportunity to see the secret gardens your neighbors are enjoying. You will be able to visit six beautiful gardens between 10 a.m. and 4 p.m.

Tickets will be available online at sdfloreal.org. Watch for coming details.



CROSSWORD PUZZLE



ACROSS

- 1 "I __ out!"
- 5 Slavic title derived from "Caesar"
- 9 President born in Hawaii
- 14 Wrath, in a hymn title
- 15 Syllables from Santa
- 16 Egret, for one
- 17 Highway reading
- 18 __ of March
- 19 "Good Will Hunting" actor
- 20 "Even dialogue wouldn't have saved that show," e.g.?
- 23 Stir-fry ingredient
- 24 Camden Yards player
- 28 Golden __
- 29 Alpo holder?
- 32 Needlefish
- 34 Guys
- 35 Abbr. after Shaker or Brooklyn
- 36 Misleading gossip?
- 41 Richard Wright's "Native __"
- 42 __ Center: L.A. skyscraper
- 43 Urge
- 44 Face of a petty criminal?
- 48 Egyptian goddess
- 51 Anatomical ring
- 52 Dead Sea Scrolls sect

- 55 Pilot lighter, (and a hint to the four other longest puzzle answers)
- 58 Goes after
- 61 Do nothing
- 62 Hot under the collar
- 63 On top of things
- 64 Pentagon measure
- 65 Lacking depth and width
- 66 Phone messages
- 67 Exec's benefit
- 68 Lepidopterists' tools

- 21 Winfrey of HBO's "The Immortal Life of Henrietta Lacks"
- 22 Sharp
- 25 Folk singer Phil
- 26 Wood strip
- 27 Minnesota twins?
- 30 "May I see __?": diner's query
- 31 1980s-'90s game console
- 33 Find incredibly funny
- 36 Stern
- 37 "Bus Stop" dramatist
- 38 __ de plume
- 39 Reason-based faith
- 40 Available and fresh
- 41 Like a wee bairn
- 45 Small racer
- 46 Select groups
- 47 Eccentric type
- 49 Pray aloud, perhaps
- 50 It's not for everyone
- 53 __ preview
- 54 Tool storage sites
- 56 Thunder sound
- 57 Rabbit-like animal
- 58 Bowler, for one
- 59 More than impress
- 60 Jazz instrument

DOWN

- 1 Tiny tufts
- 2 "God Is a Woman" singer Grande
- 3 "Stop badgering me!"
- 4 Camper's supply
- 5 Wind instrument?
- 6 Belt with 12 parts
- 7 "I'm standing right here"
- 8 Flower with hips
- 9 "Phooey!"
- 10 Brimless cap
- 11 Limb with biceps and triceps
- 12 Low in the field
- 13 Martin who wrote many of the "Baby-Sitters Club" novels

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PUZZLE answers



9	4	6	7	2	1	5	PAR SCORE 270-280	TOTAL 333	
1	8	5	3	9	4	6	7	2	RACK 5 = 65
2	3	7	6	1	5	4	9	8	RACK 4 = 59
7	9	8	2	4	3	5	6	1	RACK 3 = 76
4	2	3	5	6	1	9	8	7	RACK 2 = 64
6	5	1	8	7	9	2	3	4	RACK 1 = 69
3	7	2	1	5	6	8	4	9	SOLUTION
8	6	4	9	2	7	3	1	5	SCRABBLE GRAMS

SCRABBLE GRAMS

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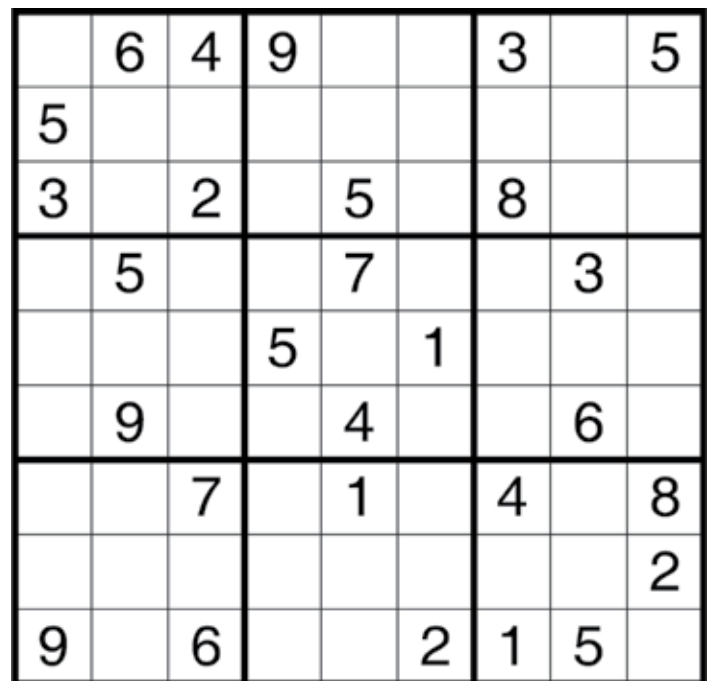
A ₁	E ₁	I ₁	R ₁	V ₄	G ₂	N ₁	1st Letter Triple	RACK 1
A ₁	I ₁	O ₁	Y ₄	T ₁	C ₃	P ₃		RACK 2
E ₁	I ₁	H ₄	T ₁	T ₁	S ₁	W ₄	Double Word Score	RACK 3
E ₁	I ₁	I ₁	P ₃	N ₁	N ₁	N ₁		RACK 4
E ₁	E ₁	I ₁	H ₄	S ₁	P ₃	V ₄		RACK 5

PAR SCORE 270-280
BEST SCORE 333
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 - Herbs & Spices



- SALT
- GINGER
- SAGE
- PAPRIKA
- OREGANO
- ROSEMARY
- BASIL
- CAYENNE PEPPER
- DILL
- CUMIN
- BAY LEAF
- TURMERIC
- CLOVES
- FENNEL
- ALLSPICE
- STAR ANISE
- TARRAGON
- NUTMEG
- CINNAMON
- THYME

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.

NAYHD

GTIMH

NURSEU

PONCAY

HER



AFTER RUBBING THE SEASONING ON THE THANKSGIVING TURKEY, SHE HAD ---

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

"O O O O O" O O HER O O O O O

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WHAT WILL THEY THINK OF NEXT??

THERE'S NO FREE RENT!

Well...on second thought... there is! Many offers today are including a rent back agreement for the seller to remain in the home for perhaps a month or two...FREE! Rent backs are not a new concept but in this market to make an offer with a free rent back makes it more desirable to the seller especially if they have not yet firmed up plans on where they are going. That is one of the reasons our level of available homes is so low. The unknown of where the next home will be.

BUYING A HOME WITH NO CONTINGENCIES? UNHEARD OF!

Well...on second thought...it is happening! Making an offer with all contingencies removed with the offer is definitely a bonus for the seller. That means that once an offer is accepted with contingencies removed, if the buyer decides to cancel, the seller may easily be entitled to the earnest money deposit (minimum 3% on my transactions). Three percent of a million something is hard for most to walk away from!

MY HOME WILL NEVER APPRAISE FOR THAT HIGH PRICE!

Well...on second thought...



it may not have to! If you accepted an offer with no contingencies then the appraisal doesn't matter. If you accepted one with "no appraisal contingency" then no it doesn't have to appraise. Just make sure there isn't a loan contingency to accompany that.

The loan contingency could override the appraisal contingency. A tricky move... one to look out for. Sales prices

that are way above the list price may may create a low appraisal. Attention to the details of the contract is paramount.

I CAN'T HAVE MY CAKE AND EAT IT TOO, CAN I??

Well...on second thought...you can! Bottom line is that this current market is still a seller dominated market and buyers are willing to step it up to get the house they want. A

lack of available homes and still lower interest rates have created an unprecedented demand. Proper positioning of a home in the marketplace and effective negotiating are very important as is the professional who is assisting you in this process. As a seller you just may profit from this era we are in with much more equity than ever before.

Mike Tristani

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Edward Jones

by David Tam,
Edward Jones in Kensington

If you reach retirement with a significant amount of assets, you've done a great job of saving and investing. But now comes another challenge—making that money last.

You might think that this task, as important as it is, won't be as hard as accumulating the money in the first place. Yet, a sizable number of people have reached a different conclusion. In fact, 36% of retirees say managing money in retirement is more confusing than saving for retirement, and 56% say they wish they had budgeted for more unexpected expenses in retirement, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study.

What steps can you take to help you become an effective money manager during your retirement years? Here are a few to consider:

- **Set your goals.** Your money management needs will certainly depend, to some extent, on what your goals are for the coming years. Will you travel extensively? Stay close to home and pursue your hobbies? Or maybe even open a small business? Once you identify your vision for retirement, you can estimate how much it will cost, which will then dictate much of your spending and saving needs.

- **Stick to a budget.** If you've followed



FINANCIAL FOCUS HOW TO BE A GOOD MONEY MANAGER IN RETIREMENT

a budget throughout your working years, there's no reason to stop now—in fact, budgeting may be even more essential when you retire. Of course, you don't necessarily want to force yourself to be as frugal as possible—after all, you worked hard, saved and invested so you can enjoy a comfortable retirement lifestyle. Look for reasonable cost-cutting opportunities, such as eating out less often or eliminating streaming services you don't use.

- **Don't underestimate health care**

costs. Even when you're on Medicare and pay for supplemental insurance, health care costs could still be one of your biggest expenses during retirement. Initially, budgeting for \$4,500 to \$6,500 per person annually may be a good starting point for traditional health care expenses in retirement. However, depending on your health, prescription drug usage and other factors, your costs could be higher or lower. And you may also want to estimate long-term care

expenses as part of your plan.

- **Look for senior discounts.** Once you're a senior, you may be able to find discounts on a wide range of items and activities, such as movies, transportation, groceries, gym memberships and more. By taking advantage of these discounts, you can save a surprising amount of money and ease pressure on your cash flow.

- **Establish a sustainable withdrawal strategy.** For decades, you've been putting money into your IRA and 401(k). But once you're retired, you will likely need to start taking withdrawals from these accounts. It's essential that you don't withdraw so much early in your retirement that you eventually run the risk of outliving your money. You may want to work with a financial professional, who can analyze your entire situation—assets, expenses, lifestyle, expected longevity, etc.—and recommend a sustainable withdrawal rate. Keep in mind that once you turn 72, you may be required to take out a certain amount each year from your 401(k) and your traditional IRA, so you'll want to incorporate these withdrawals into your overall income strategy.

Do whatever it takes to become a good money manager during retirement. You'll find that it's well worth the effort. ■

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



JULY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	INDEPENDENCE DAY					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Call Mike direct: (619) 501-4000 www.MetroSanDiego.com

Selling Quality Homes in San Diego's *Metro* communities



JUNE 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
		FLAG DAY				
19	20	21	22	23	24	25
FATHER'S DAY JUNETEENTH		SUMMER BEGINS				
26	27	28	29	30		



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Selling Quality Homes in San Diego's *Metro* communities

HOW THE WINE YOU CHOOSE CAN HELP YOU HAVE AN ECO-FRIENDLY HOME

Being mindful of your personal impact can save money, reduce your carbon footprint and inspire others to adopt sustainable habits in their daily routines. Whether it's purchasing gifts from responsible brands, building backyard biodiversity or making eco-friendly swaps around the house and at the table, individual action can make a big difference. Here are a few ways to get started:

1. BOOST BIODIVERSITY

Biodiversity makes the planet more resilient and helps fight climate change. Winter is a great time of year to set up nest boxes, put out bird feed and plan what you'll be planting in the spring - whether it's a few pots on your balcony or a backyard pollinator garden.

Pairing: Bonterra 2020 Sauvignon Blanc, California - Bonterra takes biodiversity and climate change seriously: they are the world's first



2. TRY A PLANT-BASED MENU

Conventional animal agriculture is associated with higher greenhouse gas emissions, so eating a plant-based diet can help reduce your personal impact on climate change. Rather than be relegated to side dish status, fruits and veggies are starting to take center stage for more meals. If leafy greens aren't exactly your style, try "meatier" swap-ins such as savory mushrooms, vegan cheese and plant-based meat.

Pairing: Trivento 2020 Reserve Malbec, Mendoza - Perfect for a meat-free meal,



Trivento wines are certified vegan. Imported by Fetzer Vineyards, this Argentine winery also powers a portion of its operations with an array of more than 900 solar panels. Rich flavors of plum and raspberry are accented with a hint of vanilla in this classic Malbec selection from Argentina

3. GET CREATIVE WITH ZERO-WASTE STYLING

To eliminate waste and lighten your personal footprint, "reduce, reuse, recycle." This could include upcycling scrap paper from greeting cards or magazines for custom gift wrapping, DIYing your table decorations, and buying the "ugly" produce at the grocery store (especially if you're going to chop it up anyway!). Every little bit helps, and it's an ideal time of year

for getting creative.

Pairing: Fetzer 2020 Chardonnay, California - Fetzer is a B Corp and certified TRUE zero waste, and reduces water and energy usage through innovation at the winery. Fetzer recently lightweighted its Chardonnay bottles through improved design, meaning fewer emissions are created when bottles are made and shipped. Ripe flavors of pear and apple lead to notes of pineapple and honeydew in this bright Chardonnay.

4. PAY IT FORWARD

What goes around comes around - and this adage comes to life through conscious consumerism and the circular economy. It's never been a better or more important time to pay attention to supply chains, worker welfare and

paying it forward. Participate by buying from retailers whose values you share, tipping hard-working hospitality workers, and seeking out brands taking responsibility for their footprints from start to finish.

Pairing: Cono Sur 2019 Bicicleta Pinot Noir - Certified "Fair for Life" for Social Responsibility, Chilean winery Cono Sur emphasizes fair labor practices and delivers beneficial social works and community programs. Cono Sur also helps reduce your impact by ensuring CarbonNeutral delivery for its wines around the world. Vibrant notes of cherry and raspberry balance refreshing acidity and a fruit-forward palate in this rewarding red that's perfect for sharing. ■

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— AMERICA'S TEST KITCHEN —



CARAMEL POPCORN

INGREDIENTS — 7 1/2 CUPS

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

DIRECTIONS

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

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CARDELLINO! MISSION HILLS

by Mike Tristani

Restaurants do come and go for a variety of reasons. Cardellino in the location of the former Brooklyn Grill on Goldfinch is a member of the Trust Restaurant Group, a very successful string of restaurants popping up throughout Metro San Diego. We were familiar with the space having been there as Brooklyn Grill and remembered the big u shaped bar, various seating options including some great little booths for two and a nice sized dining room. Very nice outdoor seating as well.

We were a party of three and started out with... cocktails! Nice pours, a great bar menu and a varied wine list. Cardellino is essentially pizzas, pastas, main course options with a very nice variety in each category.

We opted for a couple of shareable appetizers. Calamari Fritti...yes, that again, was studded with castelvetroano olives and was served with a warm marinara sauce—great with a cocktail. The Asparagus Salad was delightfully fresh with asparagus perfectly prepared, radish, fried sourdough croutons, cannellini bean puree, pancetta and a shallot vinaigrette. Perched on top...a soft poached egg. A beautiful mix of texture and flavor. A larger portion with some protein (like shrimp!) would make a great main entree. Other offerings in the appetizer department include a whole roasted cauliflower (next time), filet mignon carpaccio, grilled lamb chops, and meatballs!

Next up we went for the main courses. Sometimes we will opt to share a pasta

course for the table as is the typical Italian custom but because a couple of us were having pasta we went right to the second course. Our choices...Mafalde Nere Alla Puttanesca, a squid ink pasta briny with shrimp, capers, anchovy, olives, sweet garlic and chiles. Excellent! Porcini Mezze Rigatoni with wild mushrooms, italian sausage, english pea and pistachio pesto, lemon, basil and pecorino...earthy, hearty and delicious. The hit of the night though was the whole grilled Branzino with chickpeas, sun dried tomatoes, arugula, pickled shallots and grilled lemon. A delectable white fish grilled perfectly and full of great flavor.

Pizzas looked terrific with a big variety of toppings, main entrees included a 50 Layer Eggplant Lasagna, Spiced Duroc Pork Chop, Filet Mignon and a Braised Lamb Shank that I am told is beyond belief! About eight pastas to choose from too.

Now normally we might skip dessert or order one small one but on this night we opted for a slice of cheesecake with a scoop of pistachio ice cream and the Spumoni. Both were great but the Spumoni...Mamma Mia! So good! An easy dessert for two or three to share. By



the way, next door to the restaurant is their ice cream store with some of the best ice cream I've ever had! It's a walk up window!

Cardellino is at 4033 Goldfinch in Mission Hills

and is open for dinner Tuesday through Sunday from five to nine, happy hour from four to six and brunch on Saturday and Sunday from nine to two thirty. 619-600-5311 www.cardellinosd.com.

POINTING

nutrition

Many people's goals involve improving their health—exercising more, eating better and losing weight. Sticking to a plan can be hard, but a staple item in your kitchen can give you a leg up.

Potatoes are a nutrient-dense vegetable. Per 5.3-ounce serving, they have more potassium than a banana and more vitamin C than a tomato. Packed with energy and affordable, they deliver more nutrients per penny than most other vegetables.

But how can potatoes help achieve your goals? Let's start with eating better. Here are five ways this vegetable can play a key role in many of the most popular approaches to eating well:

PLANT-BASED DIETS

Plant-based diets are a growing trend, but getting enough high-quality protein is important. Potatoes provide 3 grams of plant-based protein, which is more than other commonly consumed vegetables except dried beans. Try some Vegan Mashed Potatoes with Kale.

WHOLE30

According to Whole30, "Potatoes of all varieties are real, nutrient-dense foods," and the guidelines encourage mashing, baking or roasting potatoes. Try a Frittata with Potato Crust.

WW (FORMERLY WEIGHT WATCHERS)

For people on this popular



5 WAYS POTATOES CAN HELP POWER YOUR FITNESS GOALS

plan, potatoes are a ZeroPoint food because they're "filling and nutritious." Try 12 Surprising Ways to Cook with Potatoes from weightwatchers.com.

MEDITERRANEAN DIET, DASH DIET AND FLEXITARIAN DIET

U.S. News & World Report

has ranked these as best overall diets as chosen by a panel of health experts, and potatoes are a staple in all three. Try some Manhattan Paella.

GLUTEN-FREE DIETS

Potatoes are naturally gluten-free, and they can help provide

several of the nutrients often inadequately consumed by people following gluten-free diets, such as fiber, thiamin, folate, magnesium, calcium and iron. Try a Gluten-Free Spiralized Hash Brown Casserole.

Along with being nutrient-dense, some research suggests that

potatoes are one of the most filling foods you can eat. Studies indicate that they may stave off hunger better than common sides like pasta, rice and bread.

Beyond eating well, working out more is a resolution for many people, and carbohydrates provide important fuel for muscles during exercise. However, not all carbs are created equal. A medium potato has 26 grams of quality carbs, which is important for optimal physical and mental performance. Potatoes also deliver the energy, potassium and vitamin C needed to fuel your workout. In particular, the potassium is perfect for aiding muscle, cardiovascular and nervous system function during long endurance events.

On a final note, you may believe that sweet potatoes are healthier than regular potatoes, but they're more alike than you think. They provide similar amounts of key nutrients like protein, potassium and vitamin B6, all of which contribute to a well-balanced, nutrient-dense diet. They're also both included on the FDA's Top 20 Raw Vegetable list, and they're similar in calories and carbohydrates.

Visit www.potatogoodness.com for more information, recipes and inspiration. ■

GREAT BATHROOM TRENDS TO TRY

by Julianne Hilmes Bartlett

Bathrooms aren't just utilitarian spaces anymore; they're becoming personalized, spa-like retreats. If you're ready to hit refresh on your bathroom, these eight ideas will inspire you to turn this everyday space into a calming sanctuary.

ACCENT WALLS

Homeowners and designers are increasingly using accent walls to amp up interest in the bathroom. These can be used to liven up a neutral palette or help draw focus to a show-stopping feature, such as a soaking tub or custom vanity.

If you decide to add an accent wall to your bathroom, carefully choose which wall to showcase. Look to the features around or on the wall to help you decide. If you're still not sure which wall is best, select the one most visible from the doorway.

FREESTANDING VANITIES

Personalization continues to be a top priority for homeowners, and freestanding vanities (with their furniture-like appeal) present a great opportunity to add a custom look. Plus, freestanding vanities generally offer the same design and storage options as built-ins, but at a less expensive price point.

Updating your vanity is one of the quickest ways to change the look of

your bathroom without undertaking an entire remodel. To customize your freestanding vanity even further, swap out the hardware with pulls in your favorite metallic finish, then accessorize the countertop with a pretty tray or vase.

BLACK ACCENTS

Though hardware and faucet finishes are one way to try this trend, you can also go with deep-hued vanities, black accent walls and even plumbing fixtures.

Used sparingly, black accents can provide a pop of contrast in a traditional white bathroom. When applied liberally, black accents help foster a moody, glamorous vibe.

NATURAL TONES AND TEXTURES

As homeowners seek to create a calming space, subtle natural hues are on the rise. In addition, natural materials like wood and marble blend beautifully with a wide range of color palettes. Whether you prefer a minimalist Scandinavian look, a rustic farmhouse vibe or a traditional feel, natural tones and textures work well with a variety of design styles. To help modernize the space, incorporate a small dose of black to ground the look.

DOUBLE VANITIES

As the average house size increases, bigger master bathrooms mean more opportunities to incorporate convenient design elements like



double vanities. Although double sinks can reduce the amount of usable counter space, many manufacturers are now addressing that issue with creative storage solutions. Vanities outfitted with power outlets, full-extension drawers and custom holders for grooming tools can help minimize clutter and make the most of limited space. Side-by-side vanities are another stylish choice with numerous customization options.

LARGE SHOWERS

When space allows, homeowners are ditching the shower-bath combo and opting for a walk-in shower and equally luxurious tub. A larger shower area presents ample opportunity for introducing customization and spa-like extras. Add an element of luxury with built-in storage niches or a teak bench lined with pampering products.

ROUND MIRRORS

Thanks to tile, flooring and woodwork, bathrooms tend to be dominated by hard lines. To break up

all the sharp angles, homeowners and designers are increasingly choosing round mirrors over rectangular ones: The circular shape helps bring softness and visual contrast into the functional space.

Choose a round mirror that fits your space. If you're unsure about the size, consider selecting an oversize option so that the mirror can accommodate people of various heights.

SPA-INSPIRED LUXURIES

Many manufacturers are introducing ways to bring home luxury experiences (at a variety of price points). Personalize your shower with a smart outlet controller that uses voice commands or an app to start the water and adjust it to your desired temperature. Or install a shower head that features massaging rollers or produces an overhead rainfall effect for a pampered feel. ■

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When it comes to painting tools, if it sounds too good to be true, then it usually is. There's really no substitute for quality painting tools, adequate preparation and careful work.

"One of the easiest things to remember about paint tools is that you get what you pay for," says Lou Manfredini, a home expert for Ace Hardware. "The biggest mistake I see homeowners make is that they buy cheap tools that don't give them good results, or they buy cheap paint—then they end up with a poor finished product."

Here are some of Manfredini's favorite must-have paint products for a flawless finish. We've broken it down into three categories: the painting tools everyone should own, some that will help with necessary wall repairs, and the painting products you can probably do without.

MUST-HAVE PAINTING TOOLS

Wall cleaner: You want to work with a clean surface, since a dirty wall could prevent the paint from adhering or cause the paint to bubble. "I like to use a classic cleaner, Spic and Span, with a little bit of water and a sponge to get any surface dirt off the walls before I paint," says Manfredini.

Painter's tape: While purchasing a quality painter's tape like 3M or FrogTape is important, it's more about how you apply it. Once it's on the wall, run a damp rag over the edge to create a seal. Pay attention to the release dates, or when the tape needs to come off by; it varies from 15 to 30 days.

Brushes: A 2 1/2-inch angled brush was made for painting trim and cutting in. Look for quality brands like Wooster, Purdy and Benjamin Moore.

Rollers: A standard 9-inch roller with a synthetic core and 3/8-inch nap is a classic. "Test the core: Take your thumb and index finger and push down on each side on the end of the roller. You shouldn't be able to close



PAINTING TOOLS YOU NEED (AND SOME YOU DON'T)

that opening," says Manfredini. "Ace and Shur-Line both make quality roller covers. Mini paint roller frames are also convenient for working around small spaces."

Cloth dropcloths: "Sure, it's a little more expensive to buy canvas, but if you're going to take on a painting job, you'll have these for the rest of your life," says Manfredini. "Get the 4-foot-wide runner length to use near the walls."

Paintbrush cleaner: It ensures that painting newbies get their quality brushes completely clean for future use.

Clear plastic bucket: It's easier to pour paint into these containers than to work from a quart or gallon.

Roller trays: Instead of metal, buy a heavy-duty plastic tray. They're rigid, but when you go to clean them, the latex paint doesn't stick and comes right off.

Roller extension pole: An extendable 2-foot roller extension should work in most spaces, but keep the height of your ceiling in mind when shopping for supplies.

Sturdy ladder: A standard 6-foot aluminum or fiberglass ladder that fits your weight specifications (don't forget that you need to add on approximately how much you'll be carrying up it) is a good investment piece.

Touch-up tool: For quick paint touch-ups around the house, invest in the Shur-Line Touch Up Painter, available at hardware stores. "If your walls take a lot of abuse, this little gadget holds extra paint for easy touch ups," says Manfredini.

TOOLS FOR WALL REPAIRS

Pre-mixed spackling: It works for most patching jobs and nail holes. Look for DAP

Fast 'n Final or Drydex, since both dry quickly and are easy for novice painters to use. Drydex is especially cool, because it goes on pink and then turns white when it's dry, so you never have to guess. You'll also want caulk for filling in gaps between the walls and trim.

Putty knife and taping knife: Skip the 7-in-1 tool. Instead, you'll want a 2-inch putty knife and a 6-inch-wide taping knife, both with flexible blades. They'll help you patch cracks and apply joint compound.

Fiber mesh tape: Ideal for covering larger holes; look for versions from Hyde, Purdy or Shur-Line.

Flexible sanding sponges: A medium and a fine grit sponge can handle most jobs. "If you don't want to make a lot of dust by sanding, skip the sandpaper and smooth your spackle out with a damp sponge and warm water," says Manfredini. "It will get the job done with zero dust."

PAINTING TOOLS TO SKIP

Paint key: You don't need a special tool to open your paint cans; a standard flat-head screwdriver works just fine.

Plastic tube to cover a wet roller: If you're done painting for the day but want to pick it back up tomorrow, cover the roller in plastic wrap, then throw it into a plastic bag with an airtight seal.

Plastic tray liners: These aren't necessary if you get a quality hard plastic paint tray. Plus, it's less wasteful if you don't throw away a plastic liner each time you paint.

Paint pads: Skip these, unless you're using it to paint behind hard-to-reach areas like a toilet tank or radiator.

Anything with paint in the handle: "Any gadget that sucks paint up into its handle is a nightmare to use and to clean. In the time it takes to refill it, you could already be painting," says Manfredini. ■

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- HISTORICALLY SPEAKING -

DENNSTEDT BUILT

by Maggie McCann

San Diego Union, March 5, 1939

Kensington is home to many houses designed by Master Architects and built by Master Builders, but one family, the Dennstedts, stands out for the custom homes they built here. The first Dennstedt family members to arrive in the United States came from Prussia. They crossed the Atlantic in a hand-built 24-foot sailboat and arrived in Stratford, Canada in 1845. The first to arrive in Canada were John Ernst Dennstedt and his family, who went south to Albert Lea, Minnesota. Sometime later, the family went into the real estate business and specialized in farmland. While his sons, Albert (A.L.) and Chester (C.A.) Dennstedt moved to Cedar Rapids, Iowa to work in real estate sales, Edward moved out to Hemet, California and eventually to the South Park neighborhood of San Diego. Aaron remained behind in North Dakota, where they sold farm real estate as far away as Oklahoma, Canada, Iowa, and Minnesota. While all of the men in the family were skilled salesmen, Albert also excelled in business and financial matters and it was he who learned the construction trade in California.

A 1926 blizzard in Iowa brought brothers A.L. and C.A. to California, with the rest of the family following soon after.

Brothers Albert L. (A.L.), Chester A. (C.A.), Aaron E. (A.E.) and Edward L. (E.L.) jointly established a construction firm in their name. Between 1926 and 1933, The Dennstedt Company produced a number of homes throughout the city and became well known for its high-end, custom designs. In 1933, a dispute among the four brothers prompted A.L. and A.E. to sell their interests in the company and establish their own construction firm. Between 1933 and 1941, their practice – named the A.L. and A.E. Dennstedt Company – also constructed custom homes and gained notoriety in its own right. At the same time, brothers C.A. and E.L. continued to operate The Dennstedt Company and were later joined by Edward's sons, Moreau, Arthur, Kenneth and Keith. To avoid confusion between the two Dennstedt companies, C.A. and E.L. elected to rename their practice The Original Dennstedt Company in 1938, which operated until 1960.

A.L. and A.E. Dennstedt hired Henry Landt, a young student of architecture, to design homes and

apartment complexes during the 1934-1941 pre-war time period. A graduate of San Diego High School, after graduating from the University Of Oregon School Of Architecture in 1933, he began practice as an apprentice draftsman for Hope Designs. During World War II, housing construction plunged and he went to work as a construction engineer for Convair. After the war, he partnered with A.L.'s son, Norman, as Dennstedt & Landt to design and build homes until 1952.

The Dennstedt Company bought empty lots, and then sold to clients who paid for the custom house and lot. The Dennstedt Company completely financed the house and lot sale, which provided a steady cash flow back into the company over the life of the loans.

To date, six houses in the Kensington-Talmadge neighborhoods built by

Dennstedt family members have been designated by the City as historical resources.

In 1935, the A.L. and A. E. Dennstedt Company built the Lt. Earl and Mildred De Long/William H. Wheeler/A. L. and A. E. Dennstedt House at 4990 Westminster Terrace. The house is a one-story, Spanish Eclectic hacienda in a U-shaped plan around an interior garden courtyard designed by Master Architect William H. Wheeler.

In 1936, The Dennstedt Company built the Spanish Eclectic-style Fred and Anne Payne / Dennstedt Company House at 4875 East Alder Drive. The design utilizes the "Hacienda" or "California Ranch" style of Spanish home architecture which was popularized by architect Cliff May. It features a U-shaped plan centered around an interior courtyard with an arched entryway and connecting roof linking the garage wing with the

rest of the home. The practice of incorporating the garage and house was new; prior to this garages were separate, stand-alone structures.

Also built in 1936 was the Edward W. and Gertrude A. Dennstedt House at 4615 Norma Drive in Talmadge Park Unit #3. Built by Edward and Arthur Dennstedt, both of The Dennstedt Company, as Edward's personal home after its use as a model home.

1937 brought the Ray and Clytie Kahler/Dennstedt Company House at 4885 Hart Drive, and the Christian and Gertrude Baer/Dennstedt Company House at 4600 Kensington Drive.

In 1941, draftsman Henry Landt designed the Old English style A.L. and Cleveland Dennstedt House at 4372 Ridgeway Drive. Built by the A.L. and A. E. Dennstedt Company, it was the personal

home of Albert Dennstedt, and the house remains in the Dennstedt family to this day. A.L.'s son, Norman Dennstedt built the house next door, to the east, as well as another house on the other side of the circle.

Other Dennstedt houses in Kensington which have yet to be historically designated include an Old English style house at 4118 Palisades, built in 1939 by A.E. Dennstedt, and an Old English model home at 5315 Canterbury Drive, built by A.L. & A.E. Dennstedt.

At least 16 of the Dennstedt Company's works throughout San Diego have been designated as historical resources by the City of San Diego Historical Resources Board (HRB). A.L. & A.E. Dennstedt were established as Master Builders by the HRB in 2008, and the Dennstedt Company/Original Dennstedt Company were designated as a Master Builder in 2013. ■

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Mike's Recent Market Activity

- HISTORIC KENSINGTON -



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Offered at \$1,450,000



KENSINGTON! • 5002 Kensington Drive
Three Bedroom Three Bath
Fully Remodeled on a Large Lot!
Closed at \$1,950,000 (multiple offers)



KENSINGTON! • 4601 West Talmadge Drive
Four Bedroom Two Bath
with Pool and Guest House!
Closed at \$1,875,000 (multiple offers)



KENSINGTON! • 4371 North Talmadge
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NORMAL HEIGHTS! • 4576 Hawley Blvd #4
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