

It is alarming to drive around Kensington at night and see SO MANY streets with no street lighting. The prospect of getting them repaired anytime soon is grim. Unfortunately word on the street is that many communities are experiencing the same situation. There is no easy answer and it appears that the city has its priorities mixed up. The lack of lighting creates a huge security risk both from a crime perspective and a “just walking down the street” perspective.

What can we do? We all know that contacting the city, city council and Get It Done gets us canned responses and unbelievable time lines. While there are some efforts to repair a small segment of the lines...by September...that does not help us through a summer of darkness allowing thieves to act more boldly. We also know that we have very old circuits in our neighborhood that will require more than just replacing a bulb. **This should be a priority for the city of San Diego.**

Our Historic Neighborhood needs to retain its historic lighting and that is being worked on. But they need to function. I know this sounds somewhat futile but the city needs

Kensington:

Are You In The Dark??

Streetlights Out For Weeks, Months??

What Can Be Done?

to hear from us... a LOT of us. Please call or email the mayor, our district 9 representative and anyone else you think might listen. When you get a canned response keep pushing by holding them accountable and giving us concrete answers, expressing security concerns. Perhaps the sheer number of people calling might make a difference.

FROM THE CITY OF SAN DIEGO'S WEBSITE:

The Street Division is responsible for all the streetlights in the City of San Diego. The City of San Diego has over 40,000 streetlights in operation. Nine thousand of these lights belong to local community "Lighting Districts" which pay a special assessment fee to

support the additional or ornamental lighting in their neighborhoods.

MAYOR TODD GLORIA
619-236-6330
mayortoddgloria@sandiego.gov.

SEAN ELO RIVERA
District 9 Representative
619-236-6699
seanelorivera@sandiego.gov



CLASSIC SPANISH!
4186 EAST CANTERBURY DRIVE

On one of the best canyon lots you will ever see in Kensington this 5 bedroom 4 bath is in a quiet location overlooking a verdant beautiful canyon complete with pool, spa, fire pit, entertaining decks and pure outdoor bliss! Main level has formal living and dining rooms, an island kitchen with an adjacent breakfast nook and a treehouse type family room with nearly floor to ceiling windows affording a sweeping canyon view. Two bedrooms up and three bedrooms (including main suite with huge walk in closet) on lower level. A private patio off the main bedroom is perfect for morning coffee! Located at the end of the street this classic Spanish will become someone's Kensington oasis. Maybe yours?

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Page 11

And More!

WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



THE GENTLEMEN (2019)
Screenplay and Direction
by Guy Ritchie

Director Ritchie presents the story through a meeting of two men. Fletcher portrayed by Hugh Grant, visits a drug kingpin's right-hand man with information. The asking price is twenty million pounds. As the conversation unfolds, Ritchie brilliantly uses flashbacks and predictive scenes to introduce the characters and action of the movie. Pearson played by Matthew McConaughey owns the underground marijuana farms. Potential buyers are playing against each other to take it over or drive



down the price. If you are a fan of Boondock Saints, Lock Stock and Two Smoking Barrels, or Sons of Anarchy, this is your movie. The witty dialogue is supported by impressive acting, cinematography, and upbeat musical score. Don't miss this one!

ANATOMY OF A SCANDAL (2022 - SEASON 1)

6 EPISODES
Developed by David E. Kelley/
Melissa Gibson

This engaging series is based upon the book of the same name by Sarah Vaughan. S. J. Clarkson directs this drama about a parliamentarian, James Whitehouse, who confesses to an affair. His wife is devastated by the lengthy infidelity but keeps a stiff upper lip as she is reminded by her friend's and colleagues. After all, 'boys will be boys.' Her husband has ended the affair but is now

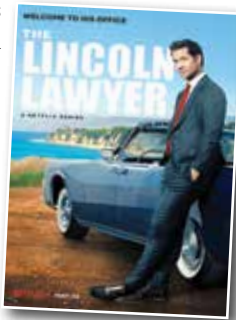
accused of rape by his mistress. The trial will reveal secrets of his past, but will his guilt or innocence heal his marriage? This drama is filled with several unpredictable twists and the performances of Sienna Miller and Rupert Friend are top notch. See if you can predict the outcome.



THE LINCOLN LAWYER (2022 - SEASON 1)

10 EPISODES
Created by David E. Kelley

This series is based upon The Brass Verdict by Michael Connelly. Mickey Haller is a criminal defense lawyer who left his profession and destroyed his marriage due to a drug addiction. A lawyer friend recently died, leaving his practice



and cases to Mickey. He finds purpose again and takes on a murder defense that will be life-changing for everyone involved. Neve Campbell is the estranged wife and criminal prosecutor for the D.A.'s office. Hopefully, there will be a season 2. It's a Winnie's Pick.

HUSTLE (2022)

Directed by
Jeremiah Zagar

Adam Sandler displays his acting talent in a sports drama centered around an NBA talent agent and potential talent. Sandler's family life is strained due to the constant travelling required to find prospects. In his travels, he meets a young man, Bo, in Spain, that has great potential. Bo has had some setbacks, but with Sandler's help, he could have an amazing career. With each obstacle, Sandler doesn't give up on the young talent. This is one of Sandler's best performances with a cast including Queen Latifah, Ben Foster, Robert Duvall, and Anthony Edwards. It's a Winnie's Pick!



SWEET SMELL OF SUCCESS (1957)

Directed by Alexander Mackendrick

Based upon a story by Ernest Lehman, the story centers around a press agent and a powerful syndicated columnist. The press agent, portrayed by Tony Curtis, will do anything to ignite his career. The morally corrupt columnist, Burt Lancaster, enlists Falco's help in breaking up a love relationship between Lancaster's younger sister and a jazz musician. Desperate for a chance at success, Curtis agrees to set up the musician with drug charges and arrested by corrupt cops. Lancaster's sister discovers the plot and contemplates suicide. The story is riveting with brilliant dialogue and the incredible acting talents of Curtis and Lancaster. It's a classic from the past that should not be missed. It's a Winnie's Pick!



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 FROSTED FACES FOUNDATION

Frosted Faces Foundation was born from a love of dogs. It sounds so simple. We adopted our first two dogs, bonded five years olds Fritz and Gus, and loved them beyond measure. As we came to understand that dogs like them were being surrendered by their guardians, not offered the accommodations or medical care they deserved, it moved us to develop a solution. Our motto to this day is, "To love, is to act."

We began volunteering at a shelter and fostering their dogs, really any dog who had spent too much time in his/her kennel. The trend became that we were fostering the senior dogs who had been relinquished back to the organization, and it was then that we recognized the seniors needed a unique network. When we realized our capacity for care in our own home, we started reaching out to friends and promised that if they would foster a senior dog we would pay for his/her food and veterinary bills, which at the time was extracted from our personal income.



This mission gained momentum where the interest stretched beyond our budget, so we incorporated Frosted Faces Foundation as a 501(c)(3) nonprofit organization in 2014. For two years we recruited and supported over 200 families to love abandoned senior dogs "Frosted Faces" as their own, and we funded the lifelong medical care and supplies as an incentive for these extraordinary families. In 2017 we started our Frosted Feline program to rescue senior cats as well.

With growth we purchased a **Frosted Faces Foundation** facility in 2017 where we could rescue more time sensitive cases, and animals who required far more rehabilitation medically and behaviorally than an average foster could provide immediately. Although we love all of the Frosted Faces as our own and FFF is a beautiful space that provides a quality life, our mission is clear that we are not a sanctuary. The ultimate goal has always been and still is to find all Frosted Faces families of their own who will author their last chapters as love stories. This facility also has served as a way to engage the community in our work through volunteerism and educating the public about caring for senior animals.

Many animal lovers are motivated to enter this business by frustration with people and their choices for their voiceless devoted animals. We were too! We worked every day from the point of surrender. It's not easy bearing the burden of the urgency, frustration, sadness, and responsibility we assumed meanwhile sustaining a business with a foundation of hope.

During this journey and through partnerships with other organizations, we are learning a lifelong lesson in empathy and perspective. It is easy to find compassion for the animals, they are the reason we started! Strengthening our compassion for the pet guardians that love their animals, who are in need of education and resources, is what energizes our focus. As a result, we have developed programs to help guardians keep and plan for their pets, while we continue to deliver solutions to eliminate the obstacles and stereotypes of senior adoption and care. - Kelly & Andy



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Website: www.frostedfacesfoundation.org

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Ranking Methodology: Data provided by SHOOK Research, LLC. Data as of 6/30/21. Source: Forbes.com (April 2022). Forbes Best-in-State Wealth Advisors ranking was developed by SHOOK Research and is based on in-person, virtual, and telephone due diligence meetings to measure best practices, client retention, industry experience, credentials, review of compliance records, firm nominations; and quantitative criteria, such as: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. SHOOK's research and rankings provide opinions intended to help investors choose the right financial advisor and are not indicative of future performance or representative of any one client's experience. Past performance is not an indication of future results. Neither Forbes nor SHOOK Research receive compensation in exchange for placement on the ranking. For more information, please see www.SHOOKresearch.com. SHOOK is a registered trademark of SHOOK Research, LLC.

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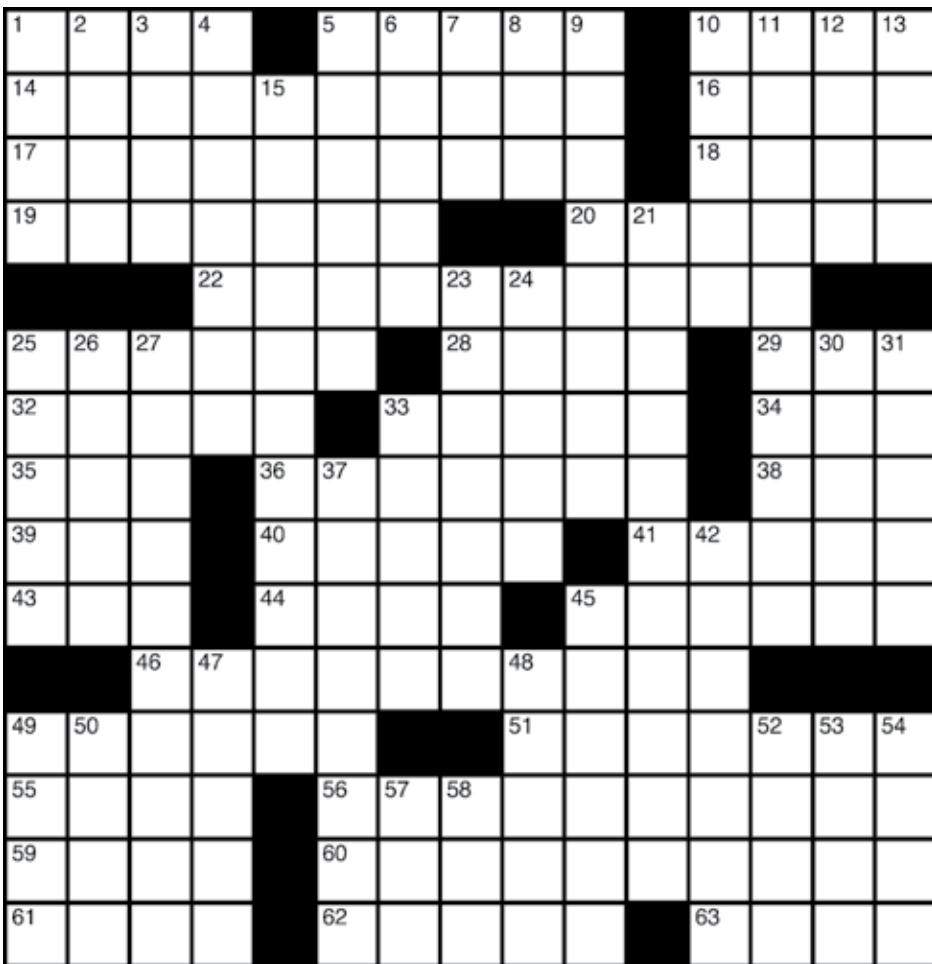
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@ASmidgeADay

CROSSWORD PUZZLE



ACROSS

- 1 From __: faintly
- 5 Demanding quality
- 10 Yamaha's Grizzly and Kodiak, briefly
- 14 Francis used a Jeep Wrangler as one in 2015
- 16 Creep up on
- 17 Distortion for a cause
- 18 "Santa Claus and His Works" artist, 1866
- 19 Cloud-based access provider?
- 20 Silver Spring, Md., is part of it
- 22 Places to learn perspective
- 25 "Given what we know ..."
- 28 Likely to carry
- 29 Sanctions
- 32 Its co-founder said, "I do get disappointed that so many members spend so much time solving puzzles"
- 33 French toast word
- 34 Dandy
- 35 Irregular, as a job
- 36 Most provocative
- 38 Unsettle
- 39 Backpacker's chain
- 40 Bucks
- 41 Provençal sauce

- 43 Often eponymous period
- 44 Engage
- 45 Feign interest in
- 46 Pick-up artists?
- 49 Dish from Valencian for "frying pan"
- 51 To whom Brando said, "I coulda been a contender"
- 55 Longtime morning host
- 56 One of several coming out together
- 59 Fix, in a way
- 60 Arch supports
- 61 Clip
- 62 Gets in the game
- 63 Sprawling

- 12 Pottery wheel product
- 13 Mex. title
- 15 Like Amazonian society
- 21 Some WWII message transmitters
- 23 Certain horse race
- 24 Tweaks
- 25 It may lead to unmatrimonio
- 26 Ritual Jewish feast
- 27 The Mahabharata, e.g.
- 30 Billabong Zoo resident
- 31 Sail-extending pole
- 33 Red Baron attire, Snoopy-style
- 37 Carrier to Malta
- 42 1994 sci-fi memoir
- 45 Derby dads
- 47 Thrill
- 48 Cosmetic counter name
- 49 Make ready
- 50 Musical with the song "Another Pyramid"
- 52 Bash
- 53 Seine summers
- 54 Catch one's breath
- 57 Overnight spot
- 58 March Madness network

DOWN

- 1 Cell lineup
- 2 Stronghold
- 3 Per
- 4 Wins again
- 5 Writer's resource
- 6 Bridge beams
- 7 Negroni need
- 8 Worn out
- 9 Screen displays
- 10 Year's record
- 11 Emotional oxymoron

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PUZZLE answers



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

SCRABBLE GRAMS

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A₁ I₁ T₁ N₁ S₁ N₁ T₁

RACK 1

E₁ E₁ I₁ U₁ R₁ L₁ S₁

RACK 2

E₁ I₁ I₁ L₁ T₁ R₁ F₄

RACK 3

A₁ U₁ U₁ G₂ R₁ L₁ J₈

RACK 4

A₁ E₁ E₁ M₃ C₃ R₁ B₃

RACK 5

PAR SCORE 255-265
BEST SCORE 325

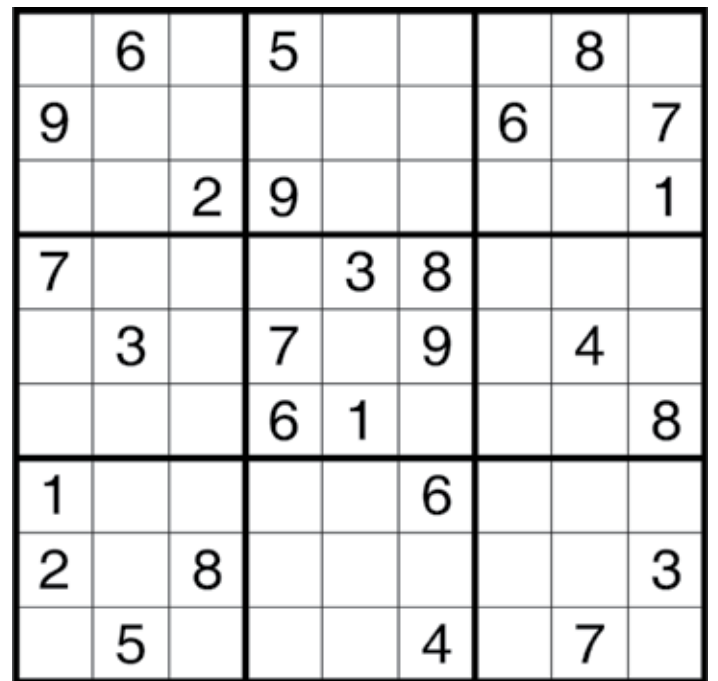
FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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 - 1980s Movies



- THE ABYSS
- THE SHINING
- ST ELMOS FIRE
- FLASHDANCE
- AIRPLANE
- THE GOONIES
- BLUE VELVET
- NIGHT SHIFT
- CANNONBALL RUN
- CHRISTINE
- RAIN MAN
- ROBOCOP
- TOP GUN
- KRULL

JUMBLE

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

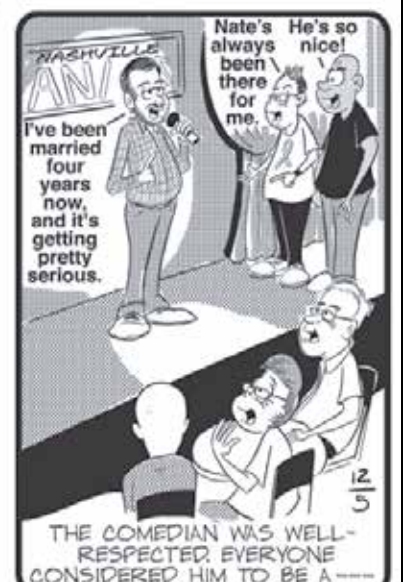
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

VONEY

USEQT

MUTUNA

EGDELP



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

Ans. here: [] [] [] [] [] - [] [] [] [] []

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CAN THE VA HELP REFINANCE AN INHERITANCE?

Since I enlisted in the U.S. Air Force six years ago, my wife and I never discussed where we might settle at the end of my service – until now. When my mother died recently and left her house to me, we decided to live there while sorting out the rest of her affairs. We appreciate the bequest but aren't sure whether to keep it or sell it.

We probably should opt for the former since nearly half of the \$430,000 mortgage has been paid off. Reports of housing scarcity and overpricing, aggravated by spiking inflation and mortgage rates, got us thinking we'll never find a better situation than the one we're in.

The military provides me with steady work and my wife's job pays generously. We're not wealthy but our finances are healthy. If I can't assume the loan without having to pay the full balance, should I ask the VA for help?

- Nick D.

Dear Nick, Most mortgage contracts include a due-on-sale clause requiring a new owner to repay the entire loan upon the transference of the property. The federal Garn-St. Germain Depository Institutions Act, however, forbids lenders to enforce this provision if the borrower dies and the transferee is an



immediate family member. Also, the ability-to-pay rule doesn't apply to Garn-exempt transfers, so the person assuming the loan is not subject to a traditional screening process.

The VA might be your best resource. The Interest Rate Reduction Refinance Loan (aka "streamline") and cash-out refi apply only to VA-to-VA loans. You need to refinance a conventional mortgage with a standard VA home loan.

It's not an actual loan per se but a guarantee to cover a portion of whatever a private financial firm lends you. That assurance can get you a lower

interest rate.

Whereas a conventional refinance allows no more than 90 percent of the property's current value, a VA refi goes up to 100 percent. The program demands no minimum credit score, debt-to-income ratio or down payment. Minimal upfront costs include a funding fee that replaces private mortgage insurance.

Like PMI, the funding fee protects the lender – and reduces the cost to taxpayers – if you default on the loan. A higher down payment can reduce that fee and get you a bigger loan (which the lender may base on your

creditworthiness). You could roll it into your closing costs if you're willing to pay more for interest. Altogether, your costs and fees can run from 1.4 percent to 3.6 percent of the total amount of the loan, depending on whether it's your first VA loan.

As long as you plan to occupy your mother's house, you have the right to take over the payments. Give the bank a certified copy of her death certificate along with your letter of intent. Keep paying the mortgage, homeowner's insurance and property tax; you will pay no fees.

When you're named the borrower of record, you

may choose to continue the existing loan or refinance. Instead of using the original lender, you could shop for one that specializes in VA loans. Get all of your documentation in order and, if you have any pressing questions, contact the VA or Department of Defense.

For now, it might be a good idea to keep your mother's house, if not for sentimental reasons, then for practical ones. You can always sell it when you're sure that's what you want to do. It would be a shame to let it go and then regret it. ■

Mike Tristani

THE
GHT
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S

Edward Jones

by David Tam,
Edward Jones in Kensington

With cryptocurrencies so much in the news, you might be wondering if you should invest in them. But "invest" may not be the right word—because, in many ways, cryptocurrencies, or "crypto" for short, are more speculation than investment.

But what's really the difference between a speculator and an investor? Probably the main factor is the differing views of *time*. A true investor is in it for the long term, building a portfolio that, over many years, can eventually provide the financial resources to achieve important goals, such as a comfortable retirement. But speculators want to see results, in the form of big gains, right now—and they're often willing to take big risks to achieve these outcomes.

There's also the difference in *knowledge*. Investors know that they're buying shares of stock in a company that manufactures products or provides services. But many speculators in cryptocurrency don't fully comprehend what they're buying—because crypto just isn't that easy to understand. Cryptocurrency is a digital asset, and cryptocurrency transactions only exist as digital entries on a



CRYPTO: INVESTMENT OR SPECULATION?

blockchain, with the "block" essentially being just a collection of information, or digital ledgers. But even knowing this doesn't necessarily provide a clear picture to many of those entering the crypto world.

In addition to time and understanding, two other elements help define cryptocurrency's speculative nature:

• **Volatility** – Cryptocurrencies are subject to truly astonishing price swings, with big gains followed by enormous losses—sometimes within a matter of hours. What's behind this type of volatility? Actually, several factors are involved. For one thing, the price of Bitcoin and other cryptocurrencies depends heavily on supply and demand – and the demand can skyrocket when media

outlets and crypto "celebrities" tout a particular offering. Furthermore, speculators will bet on crypto prices moving up or down, and these bets can trigger a rush on buying and selling, again leading to the rapid price movements. And many purchasers of crypto, especially young people, want to see big profits quickly, so when they lose large amounts, which is common,

they often simply quit the market, contributing to the volatility.

• **Lack of regulation** – When you invest in the traditional financial markets, your transactions are regulated by the Securities and Exchange Commission (SEC), and the firms with which you invest are typically overseen by the Financial Industry Regulatory Authority (FINRA). Other agencies are also involved in regulating various investments. These regulating bodies work to ensure the basic fairness of the financial markets and to prevent and investigate fraud. But cryptocurrency exchanges are essentially unregulated, and this lack of oversight has contributed to the growth of "scam" exchanges, crypto market manipulation, excessive trading fees and other predatory practices. This "Wild West" scenario should be of concern to anyone putting money in crypto.

The cryptocurrency market is still relatively new, and it's certainly possible that, in the future, crypto can become more of an investment and less of a speculation. In fact, Congress is actively considering ways to regulate the cryptocurrency market. But for now, caveat emptor – "let the buyer beware." ■

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



SEPTEMBER 2022



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



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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



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HOW TO MAKE YOUR OUTDOOR KITCHEN EFFICIENT, FUNCTIONAL - AND INSPIRING

Outdoor living spaces have expanded into fully realized environments over the past couple of years, and this is especially true for kitchens. While previous outdoor spaces may have boasted a grill or smoker to encourage dining al fresco, today's homeowner expects a great deal more. The outdoor kitchen can now be a fully functional, efficient, comfortable and beautiful area, not just for occasional entertaining, but everyday living.

Here are some outdoor kitchen trends inspiring today's homeowners to make the most of being outside with family and friends.

DESIGNING SPACES WITH MULTIPLE USES

Gone are the days of the simple patio, grill and picnic table. Today's homeowner is prioritizing the health and wellness benefits of spending time outside, fostering a serene



and enjoyable space to be used every day.

To create an inspiring space, design beyond the basics of outdoor food prep. Imagine a space complete with comfortable seating, outdoor lighting and audio technology—with plenty of shade, plus privacy walls or screens, so everyone feels relaxed while enjoying the space. Highlight natural elements by creating a living wall of plants, or design a fun gathering spot around a fire pit or outdoor fireplace.

BRINGING AN ENTIRE KITCHEN OUTDOORS

Today's outdoor kitchen offers everything you need for cooking—and that means everything, from a range and cooktop to a pizza oven, refrigerator—and even the kitchen sink. A growing trend in outdoor kitchen design is to include all the creature comforts of an indoor kitchen, and then some. Nearly every

indoor kitchen appliance now has an outdoor-rated version: icemakers, refrigerators, dishwashers, keg coolers and more. With a fully functioning outdoor kitchen, there's no need to constantly run indoors for supplies—everything you need is at your fingertips. Add a stereo system, Wi-Fi access and a TV, and you can truly live in your outdoor space.

This was the inspiration behind the new Belgard Elements Collection, featuring stainless appliances and fixtures, including all the cooking, storage, bar and sink accessories to make your outdoor living areas feel complete. The collection includes:

- Built-in grills and grill islands
- Outdoor ovens with multiple cooking surfaces, griddle plates and more
- Smoker trays
- Rotisserie kits
- Pizza ovens and accessories
- Gas timers
- Sinks

And storage - with stainless steel cabinet doors and drawers that resist rot, weather and insects. Stainless also adds a striking look to coordinate with grills and appliances.

CREATING MODULAR OUTDOOR KITCHENS

One easy way to design a space with multiple uses is with a modular outdoor kitchen. For example, the Artforms™ modular outdoor kitchen



units let you enjoy the look of a custom outdoor kitchen at an affordable price and a fraction of the installation time. The pre-formed concrete panels allow for multiple personalized configurations and are shipped in sections to be quickly installed on-site. And because these modular units are constructed with Belgard products, they blend effortlessly with Belgard pavers, walkways or fire pits.

EXPANDING SEATING OPTIONS

Whether you're hosting a family meal or special celebration, you'll want plenty of seating for everyone. Here are two trending options:

Bar-style seating is popular in outdoor kitchen design for the same reason it's popular in interior kitchen design: It creates a communal atmosphere where family and

guests can interact during meal prep. With the addition of a television, it becomes the perfect spot for outdoor tailgating.

Seat walls - Outdoor built-in seating has been trending for years, especially around fire features. Now the trend has found its way to outdoor kitchens, helping define the space, adding a striking aesthetic and providing ample seating for large gatherings.

"Modern outdoor designs blur the line between indoor and outdoor living," said Joe Raboine, Director of Residential Hardscapes at Belgard. "Outdoor kitchens are becoming not only much more efficient and functional, but also tons more fun to spend time in - while also adding a lot of value to your home." ■

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AMERICA'S TEST KITCHEN



CRISPY VEGGIE BURGERS

INGREDIENTS - SERVES 2

- 1 (15-ounce) can chickpeas, drained and rinsed, divided
- 1 large egg
- 2 tablespoons plain Greek yogurt, plus extra for serving
- 2 teaspoons plus 2 teaspoons extra-virgin olive oil, measured separately
- 1/2 teaspoon curry powder
- 1/8 teaspoon salt
- Pinch pepper
- 1/3 cup panko bread crumbs
- 3 scallions, sliced thin
- 2 leaves lettuce
- 2 hamburger buns

DIRECTIONS

1. In a medium bowl, whisk egg, yogurt, 2 teaspoons oil, curry powder, salt and pepper until well combined.
2. Combine 3/4 cup chickpeas, the panko and the scallions in a food processor. Pulse until ingredients are roughly chopped with some large pieces remaining, 5 to 8 pulses.
3. Transfer chickpea mixture to the bowl with the egg mixture. Use a rubber spatula to gently stir ingredients until just combined.
4. Divide chickpea mixture into 2 lightly packed balls. Gently flatten each ball into a circle that measures 4 inches across.
5. Add remaining 2 teaspoons oil to a 10-inch nonstick skillet and swirl skillet to coat evenly with oil. Place patties in the skillet and cook over medium heat until well browned on first side, 4 to 6 minutes. Gently flip patties. Cook until well browned on second side, 4 to 5 minutes.

6. Put 1 lettuce leaf inside each bun. Use a spatula to slide burgers into buns. Serve with more yogurt (for dipping or spreading inside buns) if you like. ■

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by Better Homes and Gardens

With a few simple strategies, you can turn your pile of unwanted items into cash by planning a big garage sale. Clean up the items you're selling, price them to go and throw in any items you don't want to put back in your house or garage for free to be sure they're gone by the end of the sale.

Pick the right date for your yard sale. Consider having your sale near a common payday (the first or 15th of the month). Avoid scheduling your sale on a holiday weekend or during a widely attended community event.

Shop your house for items to sell. Walk through every room with a laundry basket and grab what you no longer need.

Give yourself time to gather and clean items. Nobody wants to buy dirty things, even when the price is low. Give yourself sufficient time before the sale to prep items. Clean, tidy items will sell faster than ones where the buyer will have to do extra work.

Arrange like items together. Pick a spot, such as a basement or spare bedroom, as a staging area. Organize according to function: kitchen, clothing, books and music, toys and tools.

Tag your yard sale items right. Use preprinted price tags from an office supply or hardware store, or ink the price



CLEAN OUT YOUR HOUSE BY HOSTING THE BEST YARD SALE EVER

on painter's tape, which won't leave a mark or tear paper. If you have an interesting idea about how to use an item or a fun fact about what you're selling, include that information on the price tag.

Gear up. Have these essentials at the ready on sale day: tape measure, yardstick, calculator, extension cord and batteries (so shoppers can make sure items work).

Be an attention grabber. Make your signs big, bold and easy to read. Use wording such as "HUGE sale TODAY." Tie balloons to your mailbox, gate or other highly visible spot near the street.

Post signs in your neighborhood. Follow local ordinances, and include grocery

stores and coffee shops in your plans. Yard sale signs should feature directional arrows, cross streets and time and date information. If you have toys or children's clothing, post a sign near area playgrounds.

Advertise in multiple ways. List your sale on gsar.com, a site that helps people plan their shopping by finding sales on a map. Post your sale in the Garage Sale section on Craigslist, cross-referencing special items in the appropriate categories.

Get an extra set of hands. Putting on a yard sale is a two-person-minimum job. One person should tend to the checkout while the other helps load vehicles and answer shoppers' questions.

Make carryout easy. Have plenty of grocery bags and boxes—anything that will make it easy for shoppers to tote things home. Rubber bands and string are helpful to bundle loose items.

Stock your register. A day or two before the sale, get plenty of small bills and coins from a bank. Keep money to make change in a tackle box, a cupcake pan or a fanny pack.

Fill a \$1 basket to position near checkout. Shoppers can't resist a final opportunity to dig for a deal. Likewise, make a "free with purchase" box and include small stuffed animals, children's books, bouncy balls, bags of loose crayons and other similar items. Young shoppers will

appreciate a little token.

Place large eye-catching items close to the road. People will be enticed to stop in rather than cruise by.

Group things together. Designate sections for housewares, media, clothing and toys.

Hang clothes. Adult clothing can be the hardest thing to sell, but it has a better chance of moving if you merchandise it well. Use a garment rack, or hang clothes on a clothesline or from a ladder.

Cover tables with colorful plastic. This technique works on the subconscious: shoppers think your items are worth the price you ask. Place items at eye-level for fast sales; avoid putting items on the ground.

Display jewelry on fabric or a blanket. Wrap a section of cardboard with fabric and pin pieces to it to show off these small items. Keep anything valuable near the checkout.

Put baby clothes and toys near the back of the sale. People will need to walk past everything else to get to these hot items.

Use vertical space. It gives the eye something to see beyond the tables. And on the tables, create varied levels by using supports, such as small covered boxes. The changes in height force the eye to stop rather than simply scan. ■

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BETTER HOMES AND GARDENS

WAYS TO UPDATE YOUR KITCHEN

WITHOUT RENOVATING

by Caylin Harris,
RealSimple.com

While we all might have visions of our dream kitchen dancing in our head or multiple images pinned to a Pinterest board, doing a full-scale renovation might not be in the budget at the moment. But that doesn't mean that there's nothing you can do. Here are a few easy ways to update your kitchen—no remodeling necessary.

1. INTRODUCE OPEN SHELVING

If you've got a massive blank wall to fill, you might want to consider adding some shelves. They're a great way to show off your beautiful glassware, a collection of serving ware, or gorgeous cookbooks—and they'll give the room even more storage space. Add sculptural or minimal brackets for that extra touch of elegance.

2. PAINT THE CABINETS

Yes, painting your cabinets is quite a bit of work, but it's incredibly affordable! It's the cost of a can or two of paint (plus primer!) and some elbow grease if you're doing it yourself. Whether you opt for a dramatic black or a soft dove

gray, a couple of coats of paint will completely transform the look of the entire space.

3. SWAP OUT THE HARDWARE

You won't believe how quick and easy it is to give your old, outdated hardware a refresh. Warm

up your finishes with a brass option in a sleek, modern shape. This will instantly make your kitchen look on-trend, but it won't cost a fortune to achieve.

4. UNDER-CABINET LIGHTING

Give this space some drama while

showing off pretty display pieces. You can find a bunch of options, including LED battery-operated versions that just stick on. It's a softer lighting option than overhead lighting -- and it creates a warm ambiance at night.

5. PAINT THE WALLS

Maybe you love your cabinet color, but the rest of the kitchen is feeling a little blah. Punch it up with a new color on the walls. Whether you opt for a bright white or a darker hue, just make sure to pick a color that complements your cabinets.

6. RETHINK YOUR CABINET SPACE

If the main reason you're wishing for a reno is to gain more storage in your current space, reconsider the cabinets you currently have. Double your cabinet space by purchasing graduated shelving inserts, dividers or a turntable. Just assess your storage needs before going nuts at The Container Store.

7. COVER YOUR COUNTERTOPS

Unfortunately, we don't all have the countertops of our dreams. A quick way to refresh is by covering a section of your counter with an oversized cutting board or a slab of marble. This idea works especially well if you'd like to camouflage a damaged spot until you're ready to redo the entire countertop. ■



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IMPORTANT WEBSITES FOR YOUR INFORMATION:

Historic District/ Kensington

www.historickensington.org

Kensington Talmadge Community Association

<https://kental.org>

Kensington Talmadge Planning Group

www.ktpg.org

Fire Safety Council

www.kensingtonfiresafe.org

Kensington Garden Club

<http://ken-talgardenclub.org>

SOHO Save Our Heritage Organization

www.sohosandiego.org

Mayor

Todd Gloria

MayorToddGloria@sandiego.gov

District 9

City Council

seanelorivera@sandiego.gov

Get It Done

sandiego.gov

(type Get It Done in their search engine)

Street Services (including lights)

street_service@sandiego.gov

Historic Trees of Kensington

heartofkensington.org

San Diego Humane Society

sdhumane.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



TREESKENTAL'S EARTH DAY HELPS FUND NEW PLANTINGS

Trees KenTal is excited to announce that proceeds from Earth Day donations were recently presented to TreeSanDiego to fund planting drought-resistant, low-flammable trees, particularly in local tree-deficient neighborhoods.

Kensington Community Church (KCC) Youth Group played a major role in raising these funds by painting and arranging over 60 decorative "rock cactus" plants as giveaways at the April 23rd Earth Day in Kensington Library Park. Guests could contribute to the fund in a can at the rock cactus table. The project was overseen by KCC Director of Faith Formation, Barbara Runco, who presented the \$240 donation check to TreeSanDiego.

Under the leadership of Kensington resident, Steve Davis, hopes for increasing beautiful, drought-resistant, and low-flammable canopy trees in Kensington and other neighborhoods seeded the recent formation of TreesKenTal. The group's focus is landmark tree identification, new planting sites and actual tree plantings as well as general environmental education. 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 steve@treeskental.org or visit www.treeskental.org/.



A \$240 donation was recently delivered to TreeSanDiego by Steven Davis, founder of TreesKenTal and Barb Runco (center), Kensington Community Church Director of Faith Formation. Accepting the check is Elektra Fike-Data, Director, TreeSanDiego.



KATY'S HEALTH & HAPPINESS PRACTICE

COMMUNITY SPOTLIGHT:

KATY ROSE, FUNCTIONAL MEDICINE HEALTH COACH

We put a great deal of value on our health and aging well. I was excited to recently discover Katy Rose, a Certified Functional Medicine Health Coach, right here in our own Kensington/Talmadge community. Formally trained through FMCA, in partnership with The Cleveland Clinic's acclaimed Institute of Functional Medicine, Katy's platform is based in the healing power of food, food as medicine, and the body's natural ability to heal chronic disease and reverse the aging process through lifestyle choices.

In addition to teaching the newest science in these areas, Katy's practice addresses the emotional and cultural challenges that can hamper healthy lifestyle choices. She has a long history of helping clients and

neighbors conquer the little things that get in the way of the life they desire. Through her mantra - just "a smidge a day"- she helps people lay the groundwork for a lifetime of change and wellness.

With her own personal experience on the road to wellness, she provides grace and understanding for everyone's journey to the life they deserve. Katy offers one-on-one coaching sessions, group sessions, pantry and grocery store education sessions, educational events, and more.

Look for "Katy's Health & Happiness Practice" regular article as a new addition to our Metro View Community Home Journal! We are grateful to have her expertise on the team!

You can find more on Katy's work through her website: www.KatyRose-Coaching.com.

AGING IN REVERSE

"Age is just a number, and agelessness means not buying into the idea that a number determines everything from the state of your health to your attractiveness to your value." -Dr. Christiane Northrup

by Katy Rose

"Katy's Health & Happiness Practice" is a new regular article about tapping into all the wonderful small life hacks that enable a new direction - course correction - to the life you want. I will work hard in every issue to bring you quick and easy tips to implement into your life. I will bring lots of information to you! Your role in this is to pick only the ones you like and give them a try. My motto is "just a smidge a day", because it is through the small successes of little daily hacks that we are brought to a new feeling of success, write a new narrative for ourselves, and create a new belief of who we are and what we can accomplish.

THERE IS HOPE! We now know that every single day in our bodies new cells are being born and that within only a small 7-year span of time, every single cell in your entire body is new from the previous seven years. We are literally rebuilding ourselves everyday! If that is not empowering, I don't know what is! The secret is in what we are telling the new cells and how efficiently we are detoxing the old cells.

Here are some of my favorite daily hacks for turning back the clock to looking and feeling younger:

- **Organic.** The pesticides in nonorganic foods are designed to destroy small organisms, like the ones in your gut. We know that those organisms are one of the primary tools of maintaining youth and disease prevention.

- **Green leafy vegetables.**

This is about those good gut bugs, again. Green leafy veggies are a "pre-biotic" they literally feed and armor the good gut bugs that help maintain a healthy guy microbiome, which fuels energy stores and brain function through the gut-brain connection. They ALSO increase your levels of nitric oxide in the blood which fuels your brain, heart, lungs, and sex organs!

- **Move daily.** This can be different for everyone. Everyone is different in what they enjoy and what their body is can do. Understand that anything you do in this category is a progressive move toward being able to do more with ease. I promise you that finding lots of little ways to move your body daily WILL pay off. Movement is an antithesis of time, age, and even arthritis.

- **Detox daily.** Knowing that a huge part of aging, and even fat storage, is really about the inability to detox properly. We've all seen people who eat and drink whatever they want and look amazing. Why is that? Detox! Here are some of my favorite tricks for detoxing daily: hydrate, sweat, Epsom salt baths, dry brushing your skin, diaphragmatic breathing, "legs up the wall" yoga pose, dancing and bouncing, massage, and more!

- **Extra virgin olive oil.** Make it unfiltered, organic, and extra virgin to maximize the amazing fountain of youth polyphenols and phytonutrients. I pretend I'm Greek. I pour

it over everything! Steak, fish, salad, roasted veggies. I cook with it (moderate temperature) and then I pour more on my plate. Some "longevians" (word I created) even take daily shot glasses of it straight. It is an elixir for life!

- **Avoid sugar.** But you already know this one! :)

These are just a few of my daily practices for longevity and reversing disease and aging that WILL show results. As we move forward together, I will be sharing resources for many health-related subjects. We will drill down into more on aging, as well as sexual health, mental health, blood sugar management, mindfulness practices, a long list of chronic diseases, and so much more! I am happy and honored to be here on your wellness journey. Please feel free to email me with your questions or article ideas, anytime: Katy@KatyRose-Coaching.com.

KATY
ROSE

Katy Rose is a Certified Functional Medicine Health Coach trained in partnership with the Cleveland Clinic's Institute of Functional Medicine Institute. A practice rooted in restoring health through lifestyle practices, just "A Smidge A Day".

- HISTORICALLY SPEAKING -

KENSINGTON BUSINESS DISTRICT

by Maggie McCann

Kensington's small business district, consisting of five blocks on Adams Avenue, is primarily composed of repurposed original houses, some from the 1910 era of the Kensington Park subdivision, commercial buildings from the late 1920s and early 1930s, and a number of one and two-story neighborhood shops built in the 1950's.

Kensington Park was conceived of as a residential "street car suburb" of San Diego, and the deed restrictions allowed only residential buildings for a period of 15 years, from 1910 until January 1, 1926. During the early years, dozens of Craftsman houses were built along Adams Avenue, but there were no businesses or commercial buildings in Kensington.

On January 1, 1926, the restrictions in Kensington Park terminated and business and professional enterprises were allowed. A Craftsman house, built in 1913, stood where the Chase Bank at 4078 Adams Avenue is now located. It was first moved to the rear of the lot and a commercial building constructed in front. Eventually the house was demolished to make way for the parking lot. A similar fate befell a house built in 1912 on the southwest corner of Adams Avenue and Kensington Drive, where Village Vino is located.

Kensington Park's real estate agent, William Douglas, built his home on the northeast corner of Kensington Drive and Adams Avenue in 1911. Around 1933 the house was turned 90 degrees and moved to the back of the lot, and is now part of the business complex behind Clem's Bottle Shop. The L-shaped complex, still there with its two-story arched colonnades,



Service station at the northwest corner of Marlborough Drive and Adams Avenue, 1947.

was constructed by DeWitt Griffith in that period, around 1934. Clem's Bottle Shop, built in 1975, replaced a Richfield service station, one of five service stations in Kensington at one time. On the northwest corner of Adams Avenue and Marlborough Drive, another Craftsman was replaced by a Union Oil Station, which operated there from at least 1945 until it was torn down to make way for the Starbucks building.

The northeast corner of Adams and Marlborough was the original location of the historically designated Oscar Grunert House, built in 1912. The house was moved in 1926 to its present location at 4619 Vista Street, to make way for a Standard Oil service station,

which was built in 1929. It is now the location of Stehly Farms Market.

In 1911, R. S. Davis of Los Angeles constructed a large, two-story Craftsman on the southeast corner of Marlborough Drive and Adams Avenue. Dr. Thomas Baumann, a dentist and author of "Kensington-Talmadge, 1910 - 1985", bought the house in 1950 and lived here with his family. He also practiced dentistry here, and eventually remodeled the house, removing the original Craftsman features and covering it with stucco. An auxiliary structure was built around the north end of the house, on the southeast corner of Adams Avenue and Marlborough Drive. Lillian and Kate Fielding operated Fielding's Dress Shop from 1951 to 1984. It is now the home of Kensington Café.

Some lots along Adams Avenue remained vacant until after the restrictions expired in 1926, and commercial buildings were the first to occupy those sites. Characteristic of this change, in 1930, the building that now houses Kensington Brewing Company at 4067 Adams Avenue was constructed when the owner of the lots, Rose E. Fisher, hired Joseph Carlson Kelley, a building contractor, to construct the building. By this time development of Kensington Manor was underway, and the design of houses in Kensington had changed to Spanish Colonial Revival. This original

commercial building reflected the tastes at the time. The first occupants of the building were the Pack and Peterman building contractors (1930-1931), a firm that constructed many of the homes in the Kensington Park Extension subdivision along Biona Drive.

The northeast corner of Adams Avenue and Edgeware Road has undergone several transformations. Cora and James Kearney owned the property along Adams Avenue from Edgeware Road to County Road (now 42nd Street) and built a house here. The house was eventually moved from the lot and Lillian and Harold "Doc" Hilbert bought the property in the early 1930s. The Hilberts built and operated a miniature golf course on the property until 1938, at which time they built a drugstore and beauty shop on the corner. The design reflects the move toward the streamline moderne aesthetic. At one time it was Nau's Pharmacy, and currently houses the Autism Institute. The adjacent commercial space and apartments were built in 1941.

The buildings on the northeast corner of Adams Avenue and Biona Drive, current home of Diesel Salon, were constructed in 1928, and originally housed a realtor, a Piggly Wiggly grocery store and a shoe shop. Several of the tenants over the years operated businesses in the front, and had family living spaces in

the rear of the building.

The next wave of commercial building began after the end of World War II. The designs changed again to reflect the tastes of the time.

The complex of buildings that houses the Ken Theatre, Cucina Sorella and The Haven was constructed in 1947 by builder Chris Cosgrove, who built his own house at 5310 Canterbury Drive in 1949. The theater's architect, S. Charles Lee, is recognized as one of the most prolific and distinguished motion picture theater designers on the West Coast. He is credited with designing over 400 theaters throughout California and Mexico. Lee's ultimate legacy, however, is as an early proponent of Art Deco and Moderne style theaters, including the Ken Theatre. Lee's work appears on the National Register of Historic Places, including the Hollywood Melrose Hotel and the Tower Theatre in Los Angeles.

Today, Adams Avenue is a vibrant reminder of the beginning of the neighborhood, and reflects the impacts of social, economic and cultural changes that have occurred over the past one hundred years. The shops and business owners along the avenue continue to provide neighborhood-oriented services as they have for the past 96 years. ■



HISTORIC
KENSINGTON

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Mike's Recent Market Activity

- HISTORIC KENSINGTON -



KENSINGTON! - 4186 East Canterbury Drive

Four bedrooms plus office or Five bedrooms with four baths! Upper level consists of living room, dining room, kitchen with breakfast nook and a beautiful family room overlooking a very quiet lush canyon. Pool, spa, fire pit, patio areas and lawn make this outdoor area outstanding for entertaining! Lower level has main suite with ample walk in closet plus guest bedrooms which open to the rear yard!

Offered at \$2,385,000



KENSINGTON! 4282 Middlesex Drive

Stately Traditional Styled home on a gorgeous canyon view lot! 5 br 3.5 ba with family room!

Closed at \$2,350,000
(Represented Buyer)



KENSINGTON! 4949 Westminster Terrace

Four Bedroom Three Bath w/Pool!
Historically Designated!!

Closed at \$2,195,000



KENSINGTON! 4603 Van Dyke Avenue

Manicured three bedroom two bath traditional on a great corner lot!

Closed at \$1,500,000

OTHER PROPERTIES AVAILABLE



UNIVERSITY HEIGHTS! 4756 Arizona Street

Three Units on a great canyon! 2 bedroom 1 bath plus a studio in front building, 3br 1ba cottage in the rear! Great location, upside in rents and in very good condition.

Offered at \$1,695,000



NORMAL HEIGHTS! 4431-33 34th Street

Three units, beautifully kept on a professionally landscaped lot! 2 bedroom 1 bath house in front and a 1 bedroom 1 bath plus studio in the rear.

Excellent location on a quiet street with great rent potential!

Offered at \$1,499,000



COLLEGE AREA! 5510 Adelaide Avenue #2

Beautifully kept 2 bedroom 1 bath condo in great condition in an upgraded building! Pool and common area and close proximity to SDSU. New carpeting and tile and move in condition.

Offered at \$459,000

**NO ONE HAS SOLD MORE HOMES IN KENSINGTON THAN MIKE TRISTANI!
NO ONE HAS HAD MORE VOLUME IN 92116 THAN MIKE TRISTANI ~ OVER ONE QUARTER BILLION!**

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