

CITY COUNCIL VOTES FOR NOVEMBER BALLOT MEASURE TO MODIFY THE PEOPLE’S ORDINANCE...

by Mike Tristani

The People’s Ordinance (est. 1919) prohibits the City from recovering costs from single-family residences for trash collection services it provides, while residents in apartments and condominiums must pay a private company for trash collection. The Ordinance was modified many years ago by eliminating trash pickup for condos and apartments forcing building owners and HOAs to go to outside companies.

The proposed change is championed by Sean Elo Rivera (district 9) and Joe LaCava (district 1). They want to change the ordinance to “allow” potential charges to single family homeowners for trash pickup claiming that the extra money in the General Fund will help in other areas...like public safety. There’s that word “allow” again.

How about this: Give us our streetlights back and THEN let’s talk about new charges. Since a large swath of Kensington in several locations is totally in the dark with no apparent solution in sight I personally will vote NO. Many other communities are in the same



situation. They have until November 8th to give us some indication that they are working on OUR PUBLIC SAFETY. While this vote doesn’t automatically initiate charges, it puts the wheels in motion. This city council “train” seems to be lacking an engine. One might ask...if the change is approved wouldn’t the extra money help with the lighting situation? Maybe so but this is a current

serious safety issue and we should not have to wait a few years to see those funds fix our lights! This should be a PRIORITY with the City of San Diego. “San Diegans deserve an innovative government that invests in and provides world-class public services for all.” from Sean Elo Rivera’s FAQ on his website. Would this include streetlights?? Lots of us would like to know. ■




KENSINGTON! THREE UNITS!

Village close, these three separate buildings are in great condition with original vintage tile like the day it was installed! Front house is a 2br 1 ba, middle building is a studio and the back building is a 1 bedroom 1ba over two single garages. Easy maintenance lot with alley access. Units in a prime Kensington location are hard to find and this one has not been on the market for decades. Definite upside in the rents! Hardwood floors throughout, laundry in front unit and overall well maintained.

Offered at \$1,579,000

HISTORIC DISTRICT UPDATE



Have you noticed when you tell people that you live in Kensington that their eyes light up? Everybody loves Kensington.

We want to update you on how we are working to keep our neighborhood so lovable for generations to come. We want to preserve our neighborhood’s historic character to ensure future changes happen thoughtfully while still accommodating modern needs.

If you see some of us walking or driving slowly in our neighborhood, give us a smile. We are reviewing various homes’ architecture and maybe taking a picture or two for our project to designate Kensington as an Historic District.

Do you want to know more? Visit their website: www.historickensington.org

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And More!

WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



THE LOOMING TOWER (2018)

Created by Dan Futterman/Alex Gibney/Lawrence Wright

This docu-drama series chronicles the rise of Osama bin Laden, al-Qaida, and the terrorist threats to the United States leading up to 9/11. The characters portrayed in the series are the actual participants in our government agencies at that time. It is quite revealing to see the breakdown of communication among our intelligence departments and the neglect of recognizing signs that now seem obvious in our hindsight.



CARDINAL (2017)

Directed by Daniel Grou/
Jeff Renfroe/Nathan Morlando

Billy Campbell stars at Detective John Cardinal in this Toronto-based crime drama. The cases that he handles are some of the most gruesome crimes imaginable. Along with his own personal drama, Cardinal faces department investigations that are targeting him. Karine Vanasse, Cardinal's partner, has been assigned the task of finding incriminating evidence on Cardinal, in addition to working together on their cases.



The stories are engaging, and the scripts are well-written. One great plus is the beautiful scenery of Canada that is on display throughout the series.

THE INFORMER (2019)

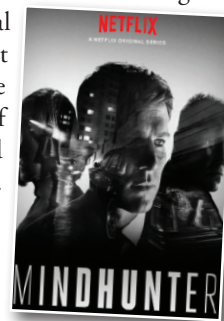
Directed by Andrea Di Stefano

Peter Koslow is an ex-convict who is recruited by the FBI as a mole planted within the drug trafficking network of a Polish kingpin. His training as a special ops soldier makes him particularly valuable to the agency and his own survival. He has one last job to perform for the bureau, and he will be free to live his life with his wife and daughter, but we know things will go awry. It's a good storyline with plenty of action.



Elite Serial Crime Unit. Two FBI agents work alongside

a behavioral psychologist to study the minds of convicted serial killers. These efforts pay off in solving similar crimes. Some of the more famous crime stories include the Son of Sam and the Manson family murders. It was an FBI pilot program that resulted in the valuable profiling of serial killers. Jonathan Groff and Holt McCallany are excellent in their performances as FBI agents Ford and Tench. This is a Winnie's Pick!



In the movie, a young FBI agent is assigned to Hanssen under the pretense of gathering evidence on his sexual deviance, but the real reason is to observe his treasonous activities. Fifty agents are already investigating Hanssen. The intelligence agencies are acutely aware of Russia's attempts at recruiting spies after the arrest of CIA agent Aldrich Ames. The story is quite riveting and reminds us that our enemies never stop trying to undermine our government.



BREACH (2007)

Directed by Billy Ray

Robert Hanssen was a double agent working for the Soviet and Russian intelligence agencies while serving as a chief counterintelligence officer for the FBI. This true story details the activities of one of the most devastating breaches of our U.S. intelligence departments.

Winnie just celebrated her 95th birthday on August 17th.

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

SHANTI'S HOUSE

In March 2018, our founder took a wrong turn down an alley and found a lone kitten in the street. That kitten was Shanti. The rest is history. . .

A New Approach to Saving Feral Cats

Saving feral cats from euthanasia, while supporting the community, requires innovative approaches. We have raised the bar to what is possible. We are the first to create and build a Pet Therapy & Comfort Pavilion for feral cats on the grounds of a senior living facility. With hopes that others will emulate our business model, and with the goal of helping to control and care for the thousands of feral cat colonies that exist, we provide free instruction, education, and A-to-Z, hands-on mentoring for other organizations, senior living facilities, and individuals who wish to create similar pavilions on retirement campuses and other secure locations.

The Sad Truth

There are an estimated 60-100

million feral and abandoned cats in the United States. San Diego alone has an approximate 3000 + feral cat colonies. Through no fault of their own, these cats are forced to live a tragic existence. Feral cats typically live a brutal life of two to five years — or less, if they don't have regular feeders. Some were once pets, betrayed by their humans, abandoned and discarded like trash.

Our Story

Previously, 50+ cats were living on the grounds and asphalt parking lots of an assisted living property and an adjacent strip mall. The cats were emaciated—walking skeletons slowly starving to death, covered in fleas, anemic, injured, frightened, and un-fixed. Desperate for food, they would timidly approach the senior residents, hoping for handouts, or scavenge in dumpsters where they sometimes incurred injury from razor blades, needles, and other dangerous refuse. Their future was animal control and euthanasia.

A Dream Fulfilled

In just two and a half years, we designed and built an extraordinary oasis for a San Diego feral colony, located on the site of a senior living facility. Our immediate, urgent imperative was to secure the safety and wellbeing of the colony. We spayed or neutered every cat, one by one, and administered any necessary medical treatment. We then began construction on their new home.

The Pet Therapy & Comfort Pavilion is entirely separate from the resi-



dent area. The cats live in their own compound with their own caregivers. They have five cottages of varied sizes, a secret garden, and multiple play areas which include a huge Podocarpus tree to climb, and a tree house. Except for the indoor cottages, the entire habitat is open on one side for senior resident viewing, with a large plexiglass wall providing unobstructed views of the central pavilion.



Shanti's House
An Oasis of Healing for Feral Cats

For more information on this amazing organization, to donate, to volunteer, go to www.shantishouse.org. 100% of your contribution supports the cats.



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Your goals. His priority.

It's how David S. Tam was named a 2022 Forbes Best-in-State Wealth Advisor and continues to make a difference in clients' lives.

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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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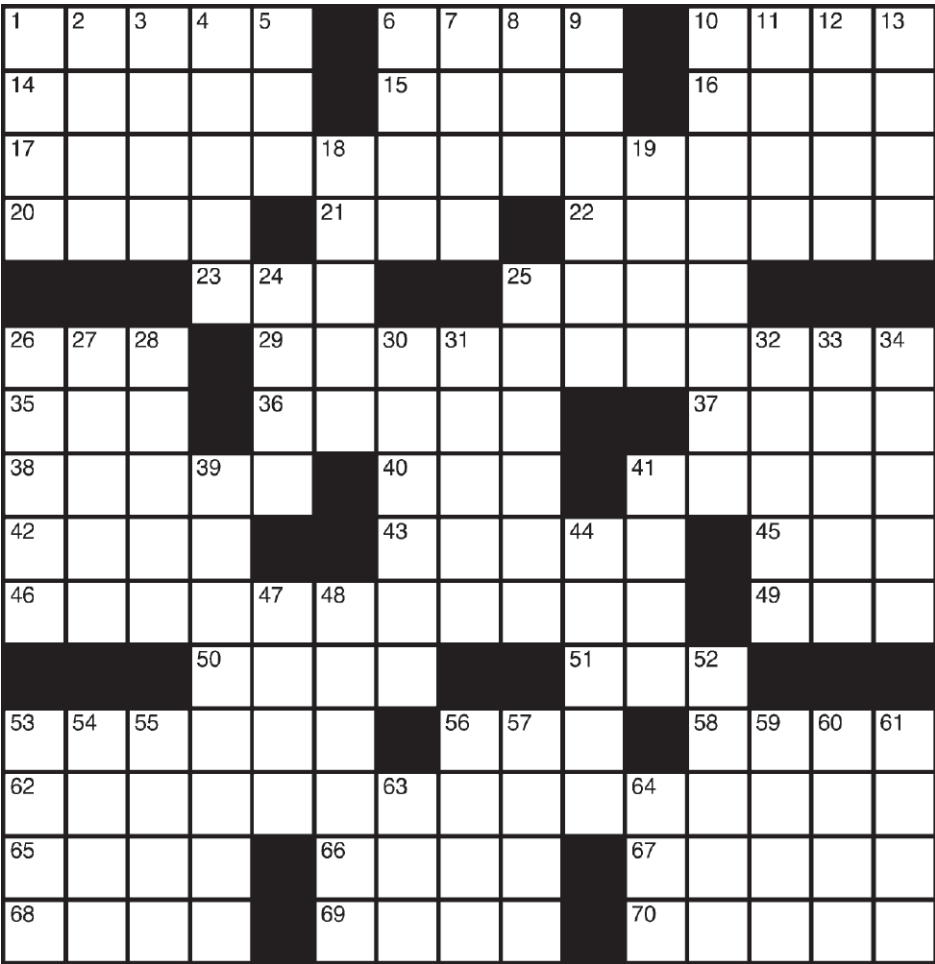
Katy Rose is a Certified Functional Medicine Health Coach
trained in partnership with the Cleveland Clinic's acclaimed
Institute of Functional Medicine. A practice rooted in
restoring health and happiness through lifestyle practices,
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CROSSWORD
PUZZLE



ACROSS

- 1 Pours to the brim
- 6 Fit together
- 10 ___-à-porter: ready-to-wear
- 14 Cellphone bill statistic
- 15 Baseball's Moises
- 16 Resign, in chess
- 17 "Make yourself comfortable"
- 20 Editor's "Don't change that"
- 21 Lubricate
- 22 Start a journey
- 23 Sine ___ non: essential
- 25 Quick bite
- 26 Personal connections
- 29 "Don't be a stranger!"
- 35 Maple tree fluid
- 36 Backless sofa
- 37 "Cheers" actress Perlman
- 38 Olympics venue
- 40 It tops a king
- 41 Riyadh resident
- 42 Pooh's Hundred ___ Wood
- 43 Show gratitude to
- 45 Squealer
- 46 Regardless of how things go
- 49 Phoenix MLB team, on scoreboards
- 50 New Look designer
- 51 U.S. Presidents, so far

- 53 Deprived (of)
- 56 Broke bread
- 58 Machu Picchu builder
- 62 Where a puppy may learn the starts of 17-, 29- and 46-Across
- 65 Stretched tight
- 66 Capital of Peru
- 67 2000s "American Idol" judge Abdul
- 68 Syringe, briefly
- 69 Throwaway part of a cherry
- 70 Annual Tournament of ___ Parade

DOWN

- 1 Commotion
- 2 "___ any wonder?"
- 3 Out past curfew
- 4 Pride parade letters
- 5 Caribbean, e.g.
- 6 Sushi roll type
- 7 Airline to Tel Aviv
- 8 Luke, to Darth
- 9 Big Apple river
- 10 Large amount
- 11 Chocolate-caramel candy brand
- 12 Jacob's twin
- 13 Modern message
- 18 Raccoon relative
- 19 Sabbath activity

- 24 Meat safety agcy.
- 25 Hr. when many workdays begin
- 26 Writer Asimov
- 27 DEA agent
- 28 Type of whale
- 30 Picture next to a username
- 31 Luxury vessel
- 32 "Star Trek" lieutenant
- 33 Fragrant wood
- 34 One side of Hispaniola
- 39 Had no choice
- 41 Breed of terrier
- 44 Monikers
- 47 Coffeehouse amenity
- 48 Tripadvisor listings
- 52 Mandarin greeting
- 53 "Ice cream or cake?" response, perhaps
- 54 Online auction venue
- 55 Enlist again
- 56 Highest point
- 57 "There's no 'I' in ___"
- 59 Entre ___: between us
- 60 Either of two "Unforgettable" singers
- 61 Wistful word
- 63 Tiny complaint
- 64 Bit of EMT expertise

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PUZZLE
answers

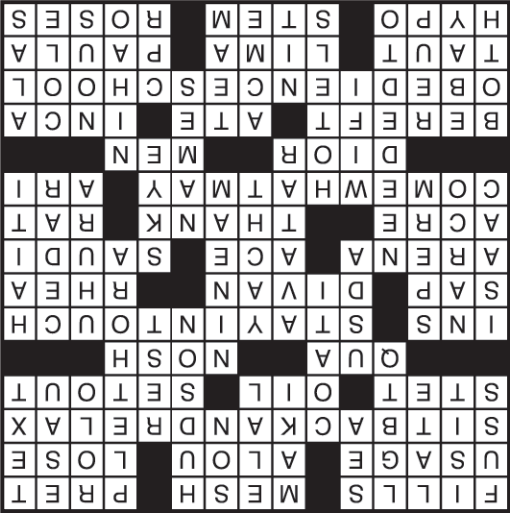


Table with 15 columns and 15 rows containing crossword puzzle answers and scores.

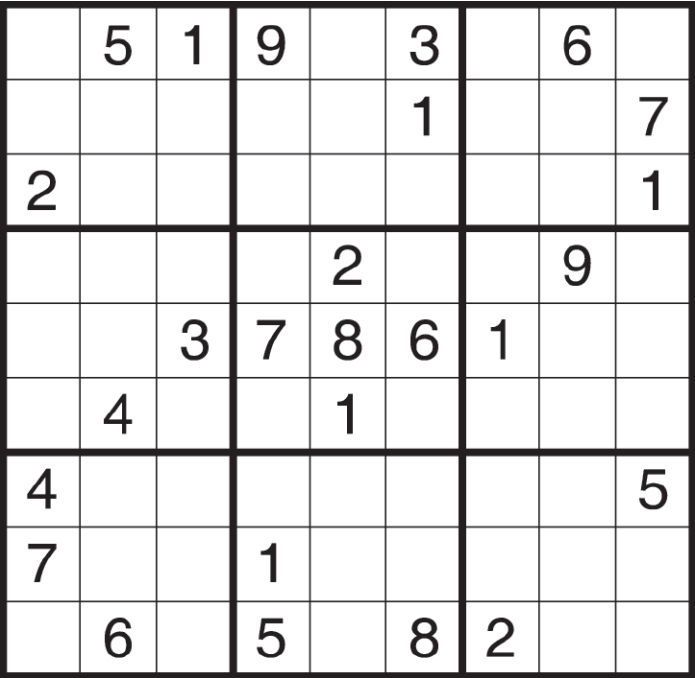
SCRABBLE
GRAMS

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SCRABBLE game board layout with racks, letter tiles, and scoring information.

Sudoku

created by Crosswords Ltd.



Word Search - Cats and Kittens



- CLAWS
- PAWS
- SHELTER
- MICROCHIP
- PURR
- ADOPT
- MEOW
- SCRATCH
- WHISKERS
- COLLAR
- TREATS
- KITTEN
- TUNA
- TAIL
- BLANKET
- STRETCH
- MILK
- DISH
- WATER
- BED

JUMBLE

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

Jumble word game interface showing four jumbled words (TLAGO, RAYHI, PLUTIP, EETUQA) and their corresponding letter slots.

Print your answer here:

Letter slots for the answer.

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



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

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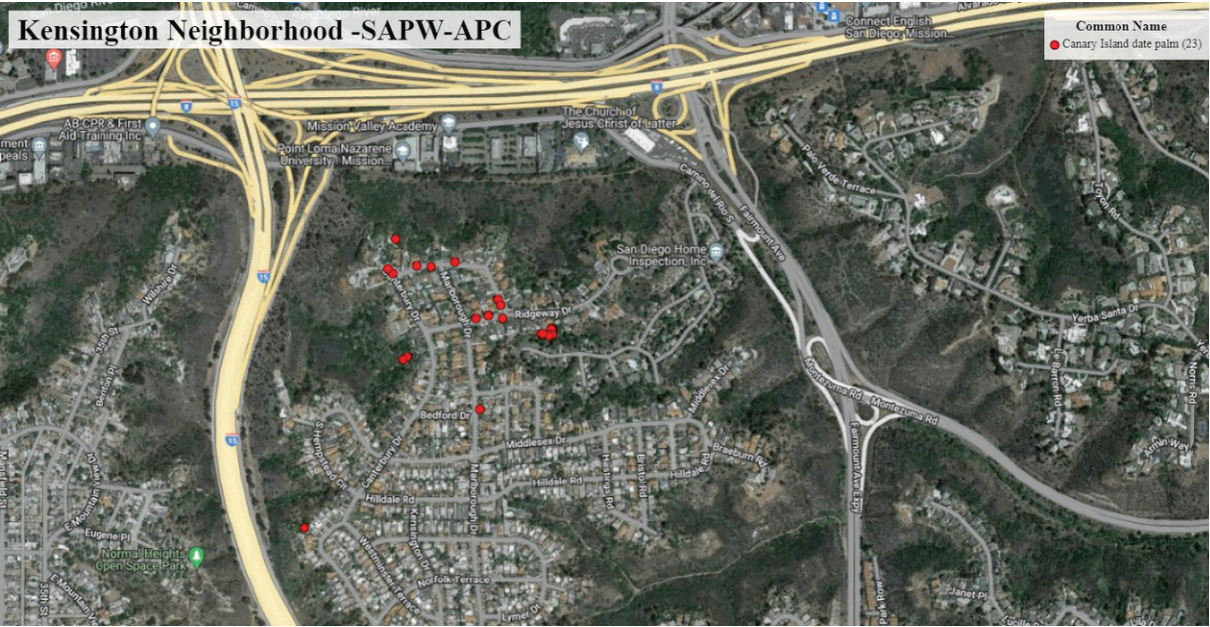
NEIGHBORS WORK TOGETHER TO STOP PALM WEEVILS

by Mike Tristani

When Devin Harmon saw black beetles the size of a half dollar in his garden on Marlborough Drive, he saw trouble. He knew the South American Palm Weevils had been decimating San Diego’s Canary Island date palms for nearly ten years, but there was another problem: he had no Canary palms. The hated weevil had become endemic, making every Canary palm in the neighborhood vulnerable.

First identified in San Diego County in 2011, the South American Palm Weevil (SAPW) has been working its way north from the US/Mexico border, hatching its larvae in the crown of the tree, where feeding on the tender meristematic tissue eventually destroys the tree. The insect has no natural predators in the US and infested trees rarely survive.

But there is hope. Treating these beloved trees with systemic insecticide can slow the advance of the pest by



Current map of the trees being treated against the SAPW. Don’t see your tree on the map?
Contact Terri Mathes at tmathes14@gmail.com. Credit: Aguilar Plant Care

killing the larvae before they kill the tree. And Kensington neighbors have joined together to secure a group rate from Aguilar Plant Care to treat as

many neighborhood trees as possible. Think of it as herd immunity for trees.

Aguilar developed their treatment protocol in conjunction with UC-Riverside’s Mark Hoddle to combat the invasive weevil while minimizing risks to people and the environment. Price estimates to treat Kensington palms were competitive, but varied depending on each tree’s situation. Some needed additional fungicides for fungal issues, some needed two technicians to help with hose pull and access. Palms that are easily sprayed came in at a lower rate than some of the larger or less accessible trees, which required multiple systemic insecticides at a much higher concentration and thus, cost a bit more. Repeat treatments are recommended on a quarterly

basis, and an arborist from Aguilar conducts periodic visual checks between treatments at no charge to participating tree lovers. Neighbors who signed up in time for their trees to be treated as a group received a “tree hugger” discount.

Recently, about fourteen households signed up to participate in the first round of preventive treatment for over twenty Canary Island date palms. Price estimates to treat Kensington palms were competitive, ranging from \$175 to \$425 per tree depending on each situation. The program was promoted via email, flyers, Nextdoor posts and word of mouth. If you missed the news, but would like to join the effort to protect these venerable trees, contact Terri Mathes at tmathes14@gmail.com. ■



LEFT: Infested Canary Island date palm being removed. Although many trees are on city property, owners recommend using qualified professionals to prevent scattering live Weevils’ when an infected tree is dropped. Credit: Gary Payne



RIGHT: South American Palm Weevils caught in Devin Harmon’s garden. Credit: Devin Harmon

Edward Jones

by David Tam,
Edward Jones in Kensington

You could spend two, or even three, decades in retirement. So, to pay for all those years, you’ll probably need to take full advantage of your retirement accounts. And in 2022, you may have expanded opportunities to deduct retirement plan contributions on your tax return.

Before looking at what’s changed this year, let’s review the key benefits of these accounts:

- **Traditional IRA** – You typically contribute pretax (deductible) dollars to a traditional IRA, and your earnings can grow tax-deferred.
- **Roth IRA** – You invest after-tax dollars in a Roth IRA, so your contributions won’t lower your taxable income, but your earnings can grow tax free, provided you’ve had your account at least five years and you’re 59½ or older when you begin taking withdrawals.

• **401(k)** – A 401(k) or similar plan (such as a 457(b) for state and local government employees or a 403(b) for employees of public schools or nonprofit groups) is generally funded with pretax dollars and provides tax-deferred earnings. Some employers offer a Roth 401(k), in which employees contribute after tax-dollars and can take tax-free withdrawals if they meet the same age and length-of-ownership requirements as the Roth IRA.

So, what’s different about these plans in



NEW LIMITS EXPAND 401(K), IRA OPPORTUNITIES

2022? First, consider the traditional IRA. If you – and your spouse, if you’re married – don’t have a 401(k) or similar plan, you can always deduct the full amount of your contribution on your tax return, no matter what you earn. But if one or both of you are covered by an employer-sponsored plan, then your deductions could be reduced or eliminated based on your income. Single taxpayers can claim the full deduction if your modified adjusted gross income (MAGI) is \$68,000 or less (\$109,000 for married filing jointly), with deductibility decreasing at higher income levels and phasing out entirely at \$78,000 (\$129,000 for married filing jointly). But here’s the key

point: Compared to 2021, these ranges are \$2,000 higher for single filers and \$4,000 higher for those who are married and filing jointly—which means that this year, you might have more opportunities to make deductible contributions.

And a similar type of increase applies to Roth IRA eligibility. In 2022, if you’re a single filer, you can put in up to \$6,000 (\$7,000 if you are 50 or older) in a Roth IRA if your modified adjusted gross income (MAGI) is less than \$129,000 – up from \$125,000 in 2021. Allowable contributions are reduced at higher income levels and phased out if your MAGI is \$144,000 or more, up from \$140,000 in 2021. If you’re married and file jointly, the respective ranges are \$204,000–\$214,000, up from \$198,000–\$208,000 in 2021. Again, higher ranges may mean more opportunities for you. (Consult your tax advisor to determine your eligibility to contribute to a Roth IRA or make deductible contributions to a traditional IRA.)

And finally, the annual contribution limit for 401(k), 457(b) and 403(b) plans is \$20,500—up \$1,000 from 2021. If you’re 50 or older, you can put in an extra \$6,500 this year, for a total of \$ 27,000.

These changes may not seem monumental, but when you’re saving for retirement, any opportunities to invest and potentially reduce taxes, of whatever size, can be valuable. So, review your options to determine how you can help yourself move closer to your retirement goals. ■

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

THE
CITY
STOP



NOVEMBER 2022

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



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Metro communities



OCTOBER 2022

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

HALLOWEEN

SWEETEST DAY



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mealtime

TIPS FOR KEEPING MEALTIME QUICK, EASY AND TASTY

Do you love eating meals with your family, but the process of meal planning and cooking never seems to go smoothly? It can be especially difficult to put wholesome meals on the table during the summer months when kids are out of school and days get more hectic.

Fortunately, you can keep mealtime stress-free plus serve something delicious everyone will love with a few simple tips and tricks:

SIMPLIFY YOUR APPROACH

When it comes to quick, fast and wholesome meals, don't overthink it. Research one-dish or one-tray meals like casseroles or things you can cook in the slow cooker. There's nothing wrong with

having soup and grilled cheese or whipping up some sandwiches and enjoying them outdoors al fresco style for fun. Another option for simplifying meals is to enjoy breakfast any time of day. Scrambled eggs and toast are easy to make and packed with nutrients. You can set out tortillas to make egg burritos. Yogurt parfaits with fruit, nuts and granola are another tasty and filling option. Even oatmeal with a side of fresh fruit is satisfying and a super simple time-saver.

STOCK THE FREEZER

You'll always have something delicious for dinner when you stock your freezer with wholesome main dishes. For example, El Monterey Signature Entrees are made



with premium ingredients using authentic recipes by the Ruiz family since 1964. Savory enchilada platters have no artificial colors or flavors, the cheese quesadilla meal is made with real cheese, and the

slow cooked shredded beef has no artificial colors or flavors. "El Monterey Signature Meals are truly the shortcut way to get great tasting homemade flavor to the family table fast," said Kim Ruiz Beck, chairman at Ruiz Foods and elder daughter of co-founder, Fred Ruiz. "They remind me of the Mexican dishes my Grandma Rosie used to make. As a working mom myself, I really like how they're the perfect solution for those days when you don't have time but want to serve a tasty meal you know you will sit down and enjoy."

NO STOVE NECESSARY

Especially when the weather gets hot, you may not want to turn on the stove or oven to cook a meal. Fortunately, El Monterey Signature Entrees, are designed to be cooked

in the microwave. This is an easy way to enjoy a hot meal without heating up your house during summer. Another option for easy no-stove meals that everyone will love is to serve items creatively. Set up a salad or chilled pasta bar with all the toppings so people can make their own plates just how they like them. You might also serve a meal charcuterie style by setting out cheeses, crackers, meats and fruit on a singular tray and everyone can mix and match for a delicious meal—no cooking required. Wholesome, delicious meals don't have to be time-consuming or stressful. With these simple tips, you'll create foods everyone will enjoy with ease. ■

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AMERICA'S TEST KITCHEN



KEY LIME CUPS

INGREDIENTS—SERVES 4

- 1 1/2 graham crackers, broken into pieces
- 1 tablespoon unsalted butter
- 1/4 cup (2 ounces) cream cheese
- 1 (14-ounce) can sweetened condensed milk
- 1 teaspoon grated lime zest plus 1/3 cup juice, zested and squeezed from 3 limes
- 2 tablespoons water
- 1 large egg yolk
- Pinch salt
- Whipped cream, optional

DIRECTIONS

1. HEAT: Adjust oven rack to middle position and heat oven to 300 degrees.
2. SMASH: Add graham cracker pieces to a large zipper-lock plastic bag. Seal bag, making sure to press out all air. Use a rolling pin to gently pound bag to break crackers into crumbs.
3. MIX: Add graham cracker crumbs and butter to a small bowl. Heat in microwave until toasted, about 1 minute. Stir with rubber spatula to combine.
4. SOFTEN: In a large bowl, microwave cream cheese for 10 to 15 seconds. Whisk softened cream cheese until very smooth.
5. WHISK: Add condensed milk, lime zest and juice, water, egg yolk, and salt to bowl with cream cheese. Whisk until well combined and smooth.
6. FILL: Divide filling evenly among ramekins. Place ramekins on a baking sheet.
7. BAKE AND COOL: Bake until filling is set and no longer jiggles when the baking sheet is gently shaken, about 6 minutes. Let key lime cups cool on a cooling rack for 45 minutes.
8. CHILL: Cover ramekins with plastic wrap and refrigerate until filling is chilled and firm, at least 1 hour or up to 2 days. To serve, dollop with whipped cream, if using, and sprinkle with graham cracker topping. ■

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STEP BACK IN TIME!

by Mike Tristani

San Diego was the home of the Red Fox Steakhouse and Piano Bar for decades (1959) attached to the Lafayette Hotel on El Cajon Boulevard. Having been a patron for many years we were disappointed to learn that the restaurant would be closing because of a sale. What would happen to one of the coziest and coolest places to dine in Metro San Diego?

We got our answer! Several months ago we watched a



new building take shape ACROSS THE STREET from the old announcing it to be the new home of the **Red Fox!** Would it be the same? Would they use all of the great wood paneling imported from England from 1560? It has been open for a few months and we finally ventured in for dinner. Much to our amazement, it was like walking into the same building across the street! Same layout, booths, bar, entertainment area... wow! Felt just like old times.

It was a Saturday night and the place was full but they did manage to seat the two of us in one of the oversized leather booths overlooking the dining room. Great lighting, fireplace on and everyone having a great time. The traditional "relish" dish of celery, carrots, green onion and olives made its appearance first. Reminds me of restaurants I went to

as a kid! All entrees come with a chilled salad, baked potato, fries or rice pilaf and bottomless toasted garlic cheese bread! The bread alone could do you in. Extremely delicious.

While the menu seems to be the same (though prices are up just like everywhere else) we always gravitated to the filet mignon. Seemed to be their "go to" steak though the menu is quite varied. Wait! What was this about a Ribeye on the menu? Don't ever remember that. So, of course we both had the ribeye. An excellent choice as they were perfectly grilled to medium rare and tender as could be. Couldn't resist their fresh sautéed mushrooms which we actually had as an appetizer. Don't miss them... Other steaks on the menu as well as several seafood entrees including broiled lobster tails and a burger if you'd like.



The bar menu is more limited but does include the grilled burger. It's also a great place to have a cocktail while waiting for your table. Did I mention entertainment? Yes! Tuesday - Saturday from 7:30 to 11:30 in the lounge and just enough sound carries over into the dining room to create even more great atmosphere. Desserts



looked pretty decadent but "no room at the inn"! Another time.

Delighted that we never lost the Red Fox. Old fashioned charm and decor, excellent food, excellent service and one worth revisiting many times over.

Please check their website for the interesting story of the original Red Fox at www.redfoxsd.com No reservations unless for ten or more. Our wait on a busy Saturday night was less than 20 minutes. **2200 El Cajon Boulevard 92104 619-297-1313.** ■

TOP GUN D

healthy bones

It's never too early (or too late) to take care of your bones. After all, your bones are the supporting structure that allow you to move every day and they protect your vital organs. According to the National Institutes of Health, bones store minerals, namely calcium and phosphorous, for later use, so your body has what it needs.

Your body reaches a maximum amount of bone, or bone mass, by age 30. As you age, you lose bone mass which can weaken your bones and can lead to injury. In fact, 1 in 3 women over the age of 50 will break a bone due to osteoporosis. While the disease is more common in women, 1 in 5 men over age 50 will also break a bone due to osteoporosis. This "silent disease" can be easily overlooked but taking stock of your bone health now along with the right nutrition and exercise could help increase your bone strength and reduce your risk of fracture.

Check out these three tips to keep your bones healthy and strong.

GET PLENTY OF VITAMIN K

Vitamin K is an essential nutrient vital for maintaining and supporting bone health. Several bone proteins rely on this vitamin to regulate bone metabolism, mineralization and formation. Too little vitamin K in the diet may weaken bones increasing the risk for fractures. Much like consuming natural sources of calcium and vitamin D can support bone health, so does eating foods with vitamin K.

California Prunes are a delicious plant-based food high in bone-building vitamin K. Plus, prunes provide minerals like copper and boron, which are also important for bone health.

A study from Pennsylvania State University found that daily prune consumption preserved



3 WAYS TO KEEP YOUR BONES HEALTHY AND STRONG

CHECK YOUR CALCIUM AND VITAMIN D INTAKE

bone mineral density (BMD) at the hip and protected against increased fracture risk in postmenopausal women. A hip fracture is a serious injury that commonly leads to hospitalization, diminished quality of life, loss of independence and a shortened life span.

"The naturally sweet flavor of prunes makes them a versatile ingredient or convenient snack for anyone," says California Prune Board's nutrition advisor, Andrea N. Giancoli, MPH, RD. "Just a handful of prunes a day can easily be incorporated into any eating plan. Add them to salads, trail mixes, cereal, smoothies and savory dishes."

Make sure you're getting enough calcium in your diet. Ninety-eight percent of the body's calcium is stored in the bones, making this mineral critical for building and maintaining strong bones. Getting too little calcium can potentially lower your bone mass and make you more susceptible to osteoporosis.

Dairy foods like milk, yogurt and cheese are excellent sources of calcium. For those who don't consume dairy products, there are plenty of other food options including:

- Dark, leafy greens like broccoli and kale
- Soybeans (aka edamame) and pinto beans
- Tofu made with calcium
- Almonds
- Calcium-fortified plant milks and foods
- Calcium-fortified juices and cereals
- Canned salmon and sardines with bones

For your body to properly absorb and use calcium, you'll also need enough of the sunshine vitamin, vitamin D. This vitamin is naturally found in only a few foods like fatty fish, egg yolks and some mushrooms. Milk is fortified with vitamin D as are most plant milks. Your body can also make its own vitamin D by exposing your skin to the sun.

How much calcium and vitamin D you need depends on your age and sex. Before you change your diet, make sure you talk with your doctor or registered dietitian. If your calcium and vitamin D intakes are still low after changing your diet, your doctor or dietitian may recommend taking supplements.

HIT THE WEIGHTS

If you avoid the weight rack at the gym, you should reconsider. Weight-bearing and resistance training doesn't just help you build muscle. It can also help build strong bones. Research has shown that resistance training may slow bone loss, rebuild bone and potentially offset age-related bone mass loss.

There are plenty of ways to incorporate strength training into your workout routine. Not ready to start lifting free weights or weight machines? Resistance bands are an easy and approachable way to do strength training. Best of all, you can use them in the comfort of your own home. ■

PRESS RELEASE:

KENSINGTON FIRE SAFE ANNOUNCES NEW LEADERS!



Taking over as chair of Kensington Fire Safe is current board member **Vicki Pinkus**. A 10-year Ken resident, Vicki has lots of KFS experience – helping to run last February’s Dumpathon, representing KFS at events, and actively participating on the board for the past year and a half. Vic previously worked in real estate, marketing, and advertising. “I’m excited about this opportunity to engage more residents in helping Kensington Fire Safe make our whole community safer,” Vicki said. Vicki takes over this month since the current co-chairs, Amy Dyson and Judy Harrington, announced at the last board meeting that they are stepping down but will continue to serve on the board.

KFS is also happy to announce that two recently added board members who have both been previous volunteer dumpster-minders:

- **Ryan C. Hunter**, from Hart Dr., is a Southwest Airlines flight attendant, and for the past three years, a successful Realtor, so Ryan knows customer service well! He holds a BA in Business Administration from Marian University and is looking forward to helping increase fire safety in our community.
- **John Hileman**, a Talmadge Circle resident, has lived in Kensington since 1983, retired from working telecommunications engineering for 41 years, and previously served on the Ken-Tal Planning Commission. Since John lives on a canyon, he is particularly interested in fire safety on our slopes and throughout the community.



Board members John Hileman and Ryan Hunter

KFS receives an \$8000 grant!

KFS was recently awarded an \$8,000 grant from the San Diego Regional Fire Foundation and the Fire Safe Council of San Diego County (FSCSDC). The grant, made possible thanks to generous support from SDG&E and various Fire Foundation donors, was presented at this summer’s FSCSDC’s annual volunteer appreciation event. In addition to the grant, Judy Harrington and Amy Dyson were honored to share the annual FSCSDC Volunteer of the Year award. This grant will help fund this year’s KFS “Dumpathon” when free dumpsters are provided throughout Kensington for residents to dispose of fire fuel from their backyards – particularly along canyons. Volunteers are needed to host dumpsters in front of their house - contact KFS info@kensingtonfiresafe.org.

For more info on KFS, joining our board, or KFS’s upcoming Dumpathon go to KensingtonFireSafe.org. Kensington Fire Safe is a 501(c)(3) and tax deductible donations are always appreciated.

SOME LIKE IT HOT, BUT 30+% HOTTER?

San Diego is predicted to have a 33-40% chance of above-average summer temperatures, according to the Climate Prediction Center’s latest report. And who knows how much worse it might get in future years.



All kinds of complicated, often high-tech strategies exist for mitigating this dismal forecast, but there’s one very simple, low-tech way to help ease this potentially uncomfortable and sometimes deadly future.

Temperatures can be lowered by as much as 10 degrees by eliminating “heat islands” - areas where there’s heat-absorbing asphalt and no shade. How? PLANT MORE SHADE TREES!

Not only will this make neighborhoods more attractive, and comfortable in summer, but it can also reduce heat-related deaths. It’s one of several strategies being employed by Phoenix, AZ to address the issue of homeless deaths—about 50% occur during their brutal heat waves according to a PBS Newshour story, which also reports that “Leafy trees not only provide shade. The water they take in, for example, through the city’s flood irrigation system, is given back as moisture and cooling to the air, a process called evapotranspiration.”

You can help here in our city! Free trees are available from Free Tree San Diego for your parkway (www.sandiego.gov/form/request-free-tree-sd). TreesSanDiego is also working hard to increase our city’s canopy. And check out our local group: treeskental.org. We’re hoping to promote the value of shade trees, establish resources for replacing vulnerable trees, especially palms affected by the South American Palm Weevil, and develop a five-year plan to increase the number of resident-preferred canopy trees in our community. You’re welcome to join us—check us out at treesandiego.org!

Sources:

<https://fox5sandiego.com/weather/noaa-releases-hot-summer-outlook-heres-the-forecast-for-san-diego/>

www.pbs.org/newshour/show/phoenix-tries-to-offset-rising-temperatures-that-pose-health-risks-to-the-most-vulnerable

<https://abcnews.go.com/US/wireStory/sweltering-streets-hundreds-homeless-die-extreme-heat-85656048#:~:text=Around%20the%20country%2C%20heat%20contributes,of%20those%20people%20are%20homeless.>

KENSINGTON FIRE SAFE’S DUMPATHON GREEN WASTE ONLY OCTOBER 6 - 20

FIRE-WISE FRIENDS, CAN YOU HELP WITH THE DUMPATHON?

WILL YOU BE A DUMPSTER-MINDER? We are looking for volunteers to join us in helping to make our community safer. Answer these questions to see if volunteering as a dumpster-minder might be right for you:

The Dumpathon will run October 6 - 20, 2022. Can you:

1. Host a dumpster in front of your home (preferably on or near a canyon) for one week?
2. Regularly check it to make sure it’s all GREEN waste?
3. Encourage neighbors to clear green brush from their yards and canyons?

If so, we’ll supply you with a yard sign to announce when the dumpster is coming, flyers to help spread the word, have the dumpster delivered and picked up, and we’ll attach large banners to the dumpster explaining what it’s all about.

If you answered yes to all these questions you’re a perfect dumpster-minder!

Please email: info@KensingtonFireSafe.org

or visit our Dumpathon page (scan QR code) for more info ->



Funding and support for this project is provided by a grant from the San Diego Regional Fire Foundation and the Fire Safe Council of Greater San Diego County. Funding for this grant was made possible thanks to generous support from SDG&E and various Fire Foundation donors.



SLEEP – HOW TO GET IT!

by Katy Rose

Sleep is *the* #1 one pillar to health. It is restorative and regenerative, a time for our cells to regenerate, a time for our digestive tract to rest and rebuild. We now know sleep is a time when the cerebral-spinal fluid actually washes in and out like waves washing the brain and clearing out waste. *Hmm, maybe that’s why I’m less cranky when I get a good night’s sleep!*

Impaired sleep is associated with mental health issues, Alzheimer’s and dementia, digestive disorders, hormone regulation, cell regeneration, aging, and weight gain. And, researchers now believe that it is next to impossible to lose weight if you are not getting healthy solid sleep.

Healthy sleep means 8 to 9 hours of solid, uninterrupted sleep, where you feel awake and refreshed to start the day.

You might say, “Okay! Great! I’d love some sleep, but it’s not happening. Now what?”

Morning Light - Our body’s circadian rhythm runs on light. Think of our ancient ancestors looking to the early morning warm glow to guide the start of their day. Getting 15 minutes of early morning light in your eyes and on your skin fuels the message of starting that daily clock. We want to start it with light early to allow the clock to slowly run down as the day goes on. Sit with your coffee in the early morning light or go for a stroll to start your day.

Evening Light - Likewise, think about the cave men at the end of the day. Light was almost nonexistent except for the warm soft glow of fire. Yet, we have filled our days and nights with lots of artificial light. Interestingly, our light receptors

become intensified as the day goes on, meaning that the same level of light early in the day is not as powerfully received by us as it is in the evening. Understanding this and how light affects our circadian rhythm means we want to dim the light as the day progresses into evening.

Blue Light - As for blue light versus red light, understand that we need the full spectrum and that the full spectrum exists in nature. Adjust your electronic devices to match nature more. Many devices are now adjustable to emit less light or warmer light. Research your products to see how to do this.

Bedroom - ANY light in your room while you sleep is a disruptor. Outside light, little charger lights on technology, etc. all impact a restful sleep. Remedy as much of that as you can by removing devices and adding black out shades. My personal favorite is an eye mask for sleeping. No matter where I go, I’m covered (pun intended). It takes a night or two to become comfortable, but now I don’t go anywhere without it. Also, make your room cool, calm, and it should only be for sleep and sex. All other activities need to happen elsewhere. Retrain your brain on what the bedroom is. Create a Pavlovian response that when in that room you sleep!

Devices - Get off the devices at least an hour before bed, preferably more. Not only because of the light story, but to bring down the activity level of the brain. We think we can go, go, go and then just flip a switch to go to sleep. It doesn’t work that way. Again, think of your ancestors and the evening lull before making their way to bed. Honor your body’s schedule

and need for time, space, and calm. Likewise, understand that getting on a device, even just to check the time, in the middle of the night, is a light disruption that DEEPLY interrupts the all-important circadian rhythm. Resist the urge. Don’t let yourself reset that clock and sabotage all your efforts. If you have to go to the bathroom, try to do so with minimal light interference and try to keep your body in a low sleepy state.

Food - Avoid eating anything 2-3 hours before bed. It disrupts the sleep pattern when we are digesting and trying to sleep at the same time. If you are one of those folks that wakes every night at the same time, wide awake, and can’t get back to sleep, you are most likely experiencing a cortisol spike at the wrong time due to your last meal. This is a massive hormone dysregulator and will pack on the pounds.

Employ these tips with diligence and watch your sleep, your health, and your happiness grow! 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 -

VICE VERSUS VIRTUE: KENSINGTON'S OTHER PRESIDENT



HISTORIC KENSINGTON

by Maggie McCann

Most folks in Kensington know that the 33rd President of Mexico, General Pasqual Ortiz Rubio, lived at 4321 Alder Drive in the 1930s, after he resigned the presidency. Fewer know that the General was not the only President of Mexico who lived in Kensington.

Abelardo L. Rodríguez, the Governor of Baja and Sonora, Mexico, President of Mexico and important promoter of international trade between the U.S. and Mexico lived at 4379 North Talmadge Drive. Designed by Master Architect Louis Gill, the Spanish Revival/Monterey-style house was built in 1926. In January 1926, Bertram J. Carteri and wife Ingeborg purchased lots 182 and 183 of Talmadge Park from the Union Trust Company of San Diego. Bertram, a builder of both homes and commercial buildings, intended to construct a home on the lots for his own residence. In August 1926, due to financial hardship, the Carteris sold the home to Aida Sullivan Rodríguez, wife of Abelardo Rodríguez. The Rodríguezs owned the home until 1940, however, records indicate that they resided there from 1931 to 1933, and again in 1936.

Rodríguez was the Substitute President of Mexico from 1932 to 1934. He completed the term of President Pascual Ortiz Rubio after his resignation. To date, Rodríguez is the only Mexican to have been brigadier general, president, and governor of two different states.

Rodríguez was born on 12 May 1889, to a poor family in San José de Guaymas, Sonora.

He dropped out of school after fourth grade and worked at various jobs, including as a shop clerk in his brother's hardware store, a copper mine worker, a professional baseball player, and a laborer in an iron foundry in Los Angeles, where he also pursued a career as a singer. In 1912, he became a police commander in Nogales, Sonora.

In 1913 Rodríguez joined the Mexican Revolution as a Lieutenant. He fought in various battles and was promoted to the rank of brigadier general, on 21 May 1920. In 1923, Rodríguez became Governor of the North Territory of Baja California, serving until the end of 1929.

Rodríguez leveraged his positions and connections to enrich himself by way of the border vice industry that thrived in northern Baja California during the years of U.S. Prohibition. Rodríguez was involved in the development of the Agua Caliente Casino and Hotel. This vast resort attracted wealthy Americans, Hollywood stars, and an elite global clientele. Rodríguez grew wealthy through the sale of licenses associated with vice tourism, as well as illicit enrichment through the sale of alcohol and his involvement in the opium, liquor, gambling, prostitution, and the tourist industry. His legitimate investments included the establishment of the Pesquera del Pacifico fish and shellfish cannery in El Sauzal, outside Ensenada. He invested in an airplane manufacturing company in Baja California. He also formed an oil company to search for petroleum in Baja California, although this endeavor ultimately proved fruitless.

By the late 1920s Rodríguez was the richest man in Baja California, due to his control over the border vice industry. By the time Rodríguez became president in 1932, he had over US\$12 million deposited in banks in Los Angeles, New York City, and London.

On the virtue side of his ledger, Rodríguez's government organized the Council of Primary



Education in the Federal District and created cultural missions in rural areas. He also established agricultural schools and regional farm schools, as well as schools for teacher education. During his administration, Baja California was one of just two states in Mexico with an elementary educational system that satisfied 100% of the needs of the population, for free.

President Rodríguez was responsible for many programs devised to help Mexican workers survive the Great Depression. In August 1933 he developed a plan to establish a minimum wage. He created the Department of Labor and promoted the trade union movement and protected the workers against management. During his presidency, he improved the organization and operation of common justice, and enacted the Code of Military Justice. He established the National Economic Council and created the National Financial bank. He founded the Bank of the Pacific, the Mexican Bank of the West, and the Central Mexican Credit.

In 1934, Rodríguez peacefully passed the presidency on to Lázaro Cárdenas, who, as a reformer, promptly outlawed gambling and closed all the casinos in the north, including the famed Agua Caliente Casino and Hotel. This deprived Rodríguez of a significant source of income. However, by this time, Rodríguez was already one

of the richest men in Mexico. Rodríguez and his wife traveled the world for several years before moving to their sprawling ranch on the Pacific Coast, at El Sauzal in Baja California. During this time, Rodríguez invested his wealth into various productive industries. He primarily focused on shrimping, fishing and sea products packing. In 1942, he became the owner and operator of the 50,000-watt XERB radio station in Rosarito.

In 1943, he was elected governor of Sonora. While in office, he taxed Chinese casinos and "recreation centers", a euphemism for opium dens. The income allowed the government to avoid taxing "productive enterprises". During his tenure, he increased teachers' salaries and authorized the construction of 186 new school buildings, 11 expanded schools, and 145 school rebuilds. Rodríguez also actively promoted university education in Sonora. The Museum and Library of the University of Sonora were built during his administration. It is estimated that half of the construction cost for the museum and library came out of his personal pocket. He was convinced that education was the main weapon to combat inequality.

On 15 June 1951, Rodríguez received an honorary Doctor of Law degree from the University of California, Berkeley. His son Abelardo S. graduated from UCB on the same day, with a degree in



Abelardo L. Rodríguez

business administration. General Abelardo L. Rodríguez died at Scripps Clinic in La Jolla, California, on 13 February 1967. He is buried at the Panteón Municipal Delegación Sauzal, Baja California.

After his death, Rodríguez was praised by many prominent San Diego military, business, and government leaders. C. Arnholt Smith, a San Diego banker and long-time friend of Rodríguez, stated:

"Perhaps the greatest tribute that can be paid to the memory of Gen. Abelardo L. Rodríguez is the friendly relationship of the two Californias, the Californias of Mexico and the California of our United States of America, which he made possible. He continually strived to create a friendly climate for business, industry and human relations with the result that the international border is merely a geographical dividing line between families in a neighborhood of goodwill." ■

IMPORTANT WEBSITES FOR YOUR INFORMATION:

Historic District/Kensington
www.historickensington.org

Fire Safety Council
www.kensingtonfiresafe.org

Mayor Todd Gloria
MayorToddGloria@sandiego.gov

Street Services (including lights)
street_service@sandiego.gov

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

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

District 9 City Council
seanelorivera@sandiego.gov

Historic Trees of Kensington
heartofkensington.org

Kensington Talmadge Planning Group
www.ktpg.org

SOHO Save Our Heritage Organization
www.sohosandiego.org

Get It Done
sandiego.gov
(type Get It Done in their search engine)

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

Mike’s Recent Market Activity



HILLCREST! - 3670 8th Avenue

Tucked away on a very private and quiet street with no through traffic this large home (over 3000 sf) sits on two lots totaling nearly 11,000 sf. Three bedrooms plus an extra office, workout room or ?? Two and one half baths and paid solar on the roof! Significant possibilities with this versatile lot with room to build, expand the existing footprint or just add a pool. Detached existing two car garage. Very spacious main suite, lots of entertaining space inside and out and alley access in the rear. A great opportunity to be in the city but not feel like you are in the city!

Offered at \$1,995,000



KENSINGTON! - 4755-57 TERRACE DRIVE

Village close three units with two bedroom one bath front house, studio in the middle and a one bedroom one bath over two garages in the rear. All in very good condition with hardwoods and vintage tile that looks brand new! Upside potential in the rents and easy care exterior maintenance. Could be a perfect starter for someone wanting to live in one of the units with supporting income from the others. Or...strictly rental units for a great Kensington investment property!

Offered at \$1,579,000



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!

Closed at \$1,378,000



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 \$1,575,000



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.

Closed at \$432,500

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!

Check out:

MetroSanDiego.com

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

MIKE TRISTANI CLASSIC SAN DIEGO HOMES

If your home is currently listed for sale, please excuse my proactive marketing. It is not my intention to solicit the listings of other brokers.

