



MetroVIEW

COMMUNITY HOME JOURNAL

MARCH/APRIL 2022

KENSINGTON/TALMADGE EARTH DAY CELEBRATION SATURDAY, APRIL 22ND, 11:00AM – 2:00PM AT THE KENSINGTON LIBRARY PARK

Show Mother Earth Some Love And Join TreesKental In Celebrating Earth Day!

TreesKental is a neighborhood group committed to advocacy for environmental awareness, preservation of Heritage trees, and adding to the tree canopy wherever we can - hence the Earth Day Celebration theme of "Plant a Tree." We've aligned ourselves with several local environmental organizations to promote that mission. This year's celebration is Saturday April 22, 11:00 - 2:00 at the Kensington Library Park.

Kensington's First Earth Day Celebration in April 2022 attracted over 350 visitors to an afternoon of fun activities, free giveaways and learning opportunities. Many attendees went away with free trees, free ice cream and fun prizes.

Many exhibitors were our neighbors who brought their enthusiasm and environmental expertise to share. We had a drawing for free trees, and gave away 16 ready-to-plant trees. SDG&E provided 200 free tree seedlings to anyone who wanted one. Erin Pennell of ArtFORM organized art and construction projects

and games for kids. Hilary Kearney of Girl Next Door Honey provided exhibits and information on bees and beekeeping, while Master Gardeners and neighborhood professional arborists answered plant and gardening questions. Franklin School had live video links with international classrooms discussing environmental concerns in their countries. To top it off there was free ice cream offered by the Kensington Talmadge Community Association.

This is a neighborhood community fun event for all ages. The celebration begins at 10:30 AM with our Library's traditional Saturday morning preschool story time, appropriately about trees. Ernie Barros, head librarian, will reprise his role as a story-telling tree, entertaining preschoolers and families. When story time is over, you are right where you want to be - in the middle of our Earth Day Celebration!

Last year the Kensington Community Church Youth Group contributed 40 "drought resistant plants" that raised \$240.00 to plant trees in underserved



neighborhoods. The proceeds were donated to Tree San Diego, a nonprofit dedicated to enhancing the quality, density, and sustainability of the region's urban forests for the benefit of all communities and the environment.

This year's event will have many of the same exhibitors and then some! New activities for the kids, more free trees, more ice cream and plenty of knowledgeable people to talk to about garden pests, organic gardening, backyard composting, container gardening, beekeeping and climate friendly alternatives. In keeping with the mantra of "Reduce, Reuse, Recycle" Earthwell will be hosting a children's clothing swap booth.

If you wish to participate in future TreesKental activities, you can send a message to steve@treeskental.org, or follow us on Facebook at www.facebook.com/TreesKental or keep abreast on our website at www.treeskental.org Plant a tree! ■



CAT ADOPTIONS!

Rescue House kitties, Kit Kat (left) and Twix (right) (rescued near Halloween!), are bonded 9-month old sisters that were part of a kitty family that were sadly left to fend for themselves when their owners abandoned them by moving away and leaving them behind. Twix is a loving sweet chirp-at-you-till-you-pet me kitty! Kit Kat, a much shyer a fluffier version of Twix, loves to observe, eat treats and play with her mouse on a string. They would make a wonderful addition to the right home. They are being fostered right here in Kensington!



Churro is an eleven month old boy and is very friendly and playful.



Norman is a ten month old boy that is social and sweet.

Both of these boys are available and currently residing at The Cat & Craft Cat Cafe in Vista. To inquire about them via email, interested parties can visit them at The Cat & Craft and/or write to webcat@rescuehouse.org



For information contact Rescue House (see the article on page 2) or call Mike Tristani at 619-501-4000 for foster care location!

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REAL ESTATE



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And More!

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WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



EMILY THE CRIMINAL (2022)

Directed by John Patton Ford

There was a time that movies never let the bad guys win, but things have changed. Maybe there are degrees of badness. Our main character, Emily, is an ex-felon who has trouble landing a job. She gets enlisted as a 'dummy-shopper' which turns out to be a credit card fraud ring. She doesn't like the risks, but the money is good, so she advances in her opportunities. Things eventually go south when money is the issue. Partnerships



dissolve and relations split leaving an opening for Emily. It's filled with a lot of twists and turns and very well acted. It appeared at the Sundance Film Festival in 2022. Aubrey Plaza plays her role very believably. It's worth watching.

I'M YOUR WOMAN (2020)

Directed by Julia Hart

Eddie is a professional thief, and his spouse is a supportive housewife. They've tried to have a child, but to no avail, so Eddie procures a baby boy for Jean. Things get crazier when the

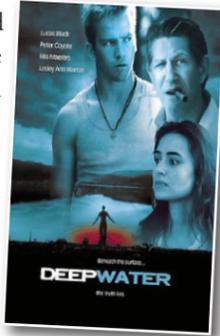


wife is awakened during the night and given a bag of money with instructions to leave immediately with a stranger named Cal. She is told to make friends with no one, even the neighbors, but boredom can cause you to forget staying a recluse. Her problems escalate when the bad guys move in on Jean and her neighbor. Things get worse and then better. It's a crazy ride of who should trust whom. You better have a scorepad while watching.

DEEP WATER (2022)

Directed by Adrian Lyne

Adrian Lyne's last movie was *Unfaithful*. It was an erotic thriller that left the audience wondering what decision the husband made at the stoplight. Lyne returns with another erotic thriller with a bit more kink. Melinda and Vic have an open marriage, but his jealousy leads to the demise of some of her lovers.



As their life proceeds, a mystery writer friend is intrigued by the rumors circulating about Vic's behavior. More twists and turns continue leading you to believe that their shared immortality unites this 'toxic' marriage.

THE MENU (2022)

Directed by Mark Mylod

The main premise of this film is to invite a group of diners to a private island restaurant and kill them off one by one in the style of *The Cook, Thief, and His Lover* meet *The Ten Little Indians*. Julian Slowik is the critically acclaimed chef who has invited an array of gourmards, friends, and celebrities. During the meal, guests are exposed of their affairs and former misdeeds, people die randomly, and some will have the opportunity to survive if they are clever enough to outwit the others. It's a black comedy race to the end.



ALL THAT BREATHES (2022)

Directed by Shaunak Sen

In New Delhi, India, two brothers are mesmerized by the site of speckled black kites filling the sky. It is a belief in their culture that feeding the birds will erase bad omens from your life. Mohammad Saud and Nadeem Shehzad are concerned about the number of birds falling from the polluted skies of their homeland, and soon dedicate their lives to saving these raptors with the establishment of a bird clinic. Documentarian Shaunak Sen was impressed by the brothers' answer to an ecosystem that was desecrating a population. This film brings hope to what we can do as individuals to help rescue the effects of our environment.



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

THE RESCUE HOUSE

The Rescue House, Inc. is a non-profit, volunteer-based organization dedicated to assisting cats through its rescue, foster and adoption activities. We find loving homes for unwanted, abandoned, homeless and abused cats. We open our arms to socialized, people-friendly cats that need assistance, regardless of age and often regardless of handicap. We find good homes for every cat that we take in – we are a true no-kill cat rescue organization.



Since our inception in 1999, we have rescued over 16,700 cats. We find loving, permanent homes for them through our six adoption centers in San Diego County, located in pet stores and businesses that work with us and share our philosophy. We have wonderful cats of all colors, shapes, sizes and ages. All of our cats have had their medical requirements tended to; we work with eight veterinarians who ensure this. Each cat has been examined, tested for feline leukemia, spayed or neutered, vaccinated, micro-chipped, dewormed and treated for fleas. Our adoption fee also includes the microchip registration. Cats nine years and more have also had a full blood chemistry done and a dental if needed. We encourage you to visit our adoption centers and to check the ADOPT section of our website for the pictures and stories of

our special cats ready for adoption. These are great cats with much love to give!

Our volunteers play a crucial role with The Rescue House. They provide foster care for our rescued cats until they are ready to enter an adoption center. They visit our adoption centers and take care of the cats there, they provide transportation for the cats and they do many, many other important tasks that keep this group helping as many cats as we possibly can. We presently have over 300 active volunteers and 40 active foster homes. Our ONLY source of funding is from the generous donations we receive from caring individuals. Since The Rescue House is volunteer based and we have no physical structure or overhead, the overwhelming majority of all donations goes directly to the love and care of our cats.

The Rescue House's mission is to eliminate the need for our organization. We strive toward this goal through education to increase public awareness of responsible pet ownership and an aggressive spay/neuter program. Until such time as there are no more "homeless" cats, we will provide our service the best we can.

We strive to save as many of our special cat companions lives as we can. To save lives, we need the assistance and support of our community – we need more volunteers and donations. We hope you will join us.



WANT TO REACH US?
OUR EMAIL ADDRESS:
mail@rescuehouse.org

OUR TELEPHONE NUMBER:
(760) 591-1211

OUR WEBSITE:
RescueHouse.org

OUR MAILING ADDRESS:
The Rescue House, Inc.
1150 Garden View Rd.,
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State Farm Florida Insurance Company, Winter Haven, FL
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**IMPORTANT WEBSITES
FOR YOUR INFORMATION:**

Historic District/Kensington
www.historickensington.org

Fire Safety Council
www.kensingtonfiresafe.org

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

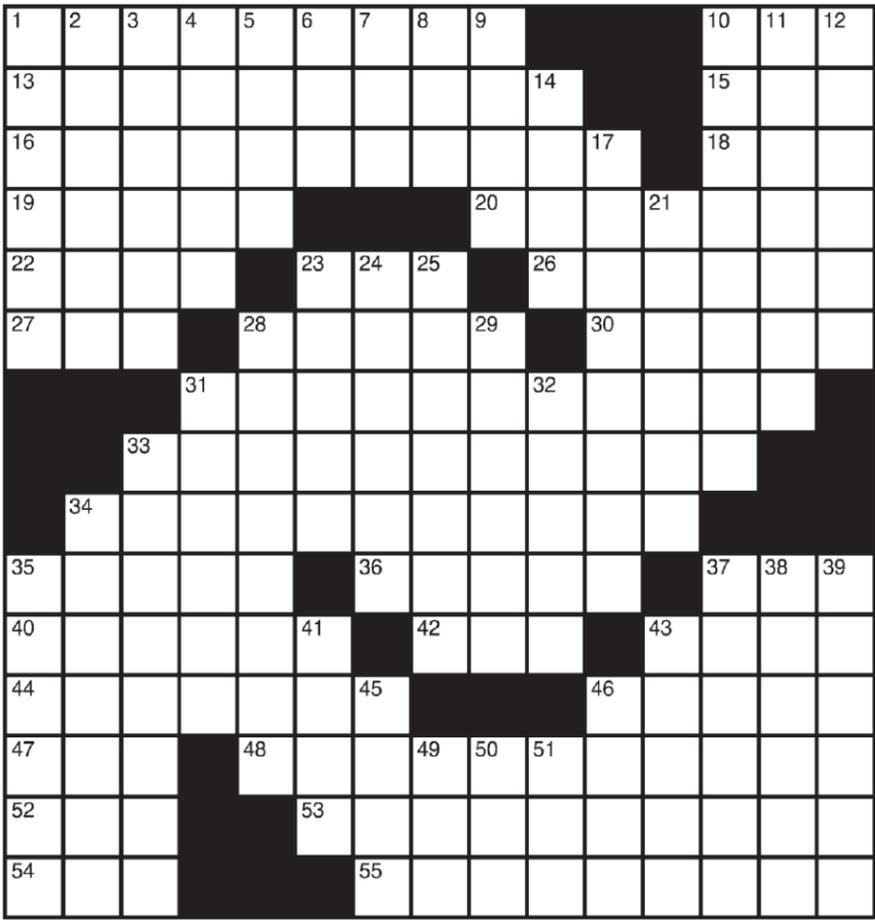
**Kensington
Garden Club**
<http://ken-talgardenclub.org>

**Kensington Talmadge
Planning Group**
www.ktpg.org

**SOHO Save Our
Heritage Organization**
www.sohosandiego.org

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

CROSSWORD PUZZLE



ACROSS

- 1 Devices that may shed some light on a situation
- 10 "4X2=8" rapper from Korea
- 13 Got credit, in a way?
- 15 Consumed
- 16 Simple cocktail
- 18 Agcy. whose logo is an eagle holding a scale
- 19 Freelancer's info
- 20 Event that might be called "morp"
- 22 Two dry gallons
- 23 "___ Mañanitas": Mexican birthday song
- 26 Artisan at Kells
- 27 De Armas of "No Time to Die"
- 28 Semisolid dessert
- 30 Flax fabric
- 31 Fast tracks?
- 33 Element of 1990s fashion
- 34 Sticks in windows
- 35 Stand in a painting class
- 36 Tries out
- 37 Handheld or holding hands, for short
- 40 Performs brilliantly
- 42 ___ Moines

- 43 Did some digging
- 44 Many a Mugler garment
- 46 In the stars
- 47 Reddit Q&A
- 48 Celebration where many are out on the streets?
- 52 Bestie
- 53 Cry of horrible realization?
- 54 Class for some immigrants: Abbr.
- 55 Cool footwear

- 24 Herb honored with a National Medal of Arts in 2013
- 25 Sucked hard
- 28 Cancel one's order?
- 29 Go against
- 31 Paired symbols, for short
- 32 Seasons, as pasta water
- 33 Wants for nothing
- 34 Nation in the Lucayan Archipelago
- 35 ___ room
- 37 Latke ingredient
- 38 "Dexter's Laboratory" older sister
- 39 One of three snake species native to Britain
- 41 Assistant who can control HomeKit accessories
- 43 Cruel
- 45 Sturdy tan work boots, slangily
- 46 Album buyers, presumably
- 49 Auerbach of the Black Keys
- 50 Prefix with "pop" or "rock"
- 51 Hard-hitting sound

DOWN

- 1 Place for some nail trims
- 2 Camp nurse's item
- 3 Great Hill People
- 4 Flair
- 5 ___ flare
- 6 Tally
- 7 Pilates roll
- 8 Employee's perk: Abbr.
- 9 Provided backup, in a way
- 10 Twosomes
- 11 Flashers in a club
- 12 Sycophants
- 14 ___-variance tradeoff
- 17 Brooklyn MiLB team
- 21 Stripes, florals, etc.
- 23 "I got this!"

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PUZZLE answers



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

PAR SCORE 255-265
BEST SCORE 324

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

SCRABBLE GRAMS

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A ₁	E ₁	E ₁	E ₁	Y ₄	D ₂	D ₂	RACK 1
A ₁	E ₁	E ₁	U ₁	T ₁	M ₃	P ₃	RACK 2
A ₁	A ₁	I ₁	K ₅	R ₁	P ₃	P ₃	RACK 3
E ₁	O ₁	U ₁	U ₁	N ₁	S ₁	T ₁	RACK 4
A ₁	E ₁	Y ₄	R ₁	N ₁	C ₃	N ₁	RACK 5

Double Word Score

3rd Letter Triple

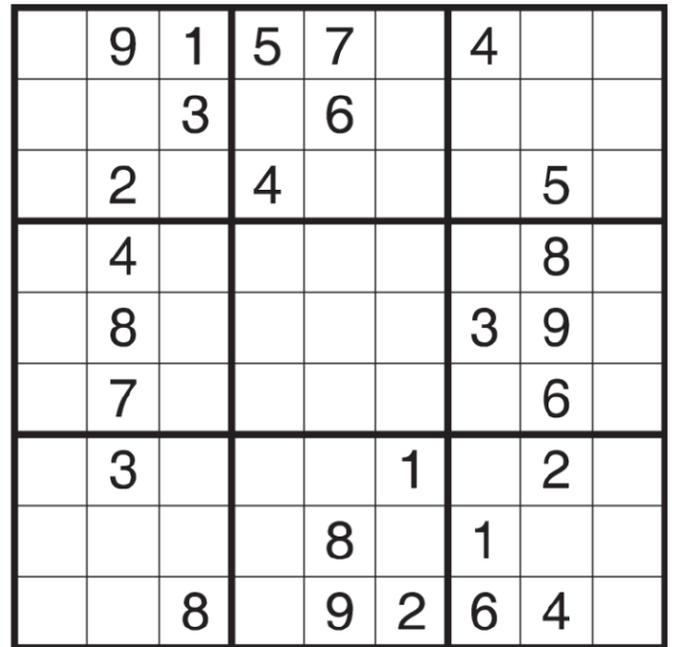
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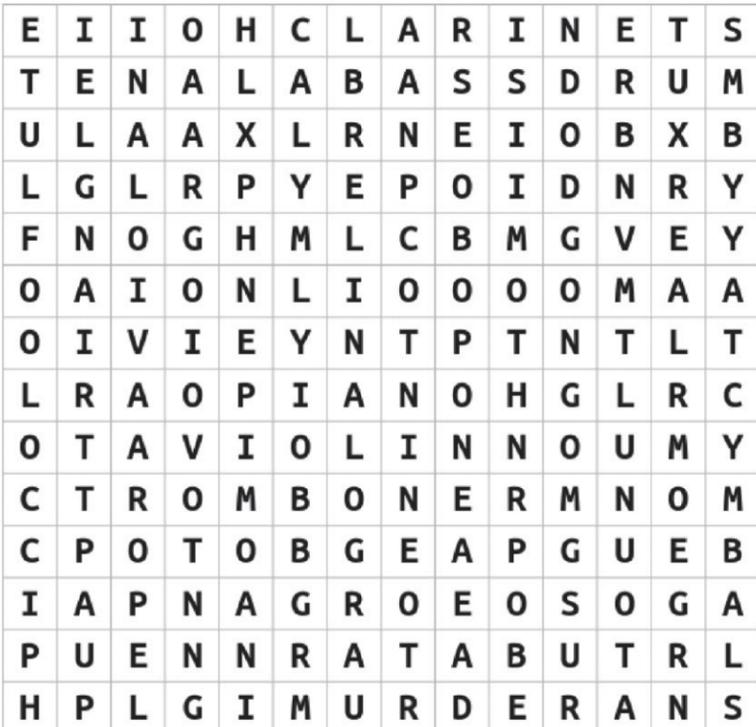
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Sudoku

created by Crosswords Ltd.



Word Search - Instruments of the Orchestra



- TIMPANI
- TRUMPET
- TROMBONE
- XYLOPHONE
- GONG
- CLARINET
- SNARE DRUM
- VIOLA
- PIANO
- PICCOLO
- TRIANGLE
- BASS DRUM
- VIOLIN
- CELLO
- OBOE
- ORGAN
- TUBA
- HARP
- FLUTE
- CYMBALS

JUMBLE

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

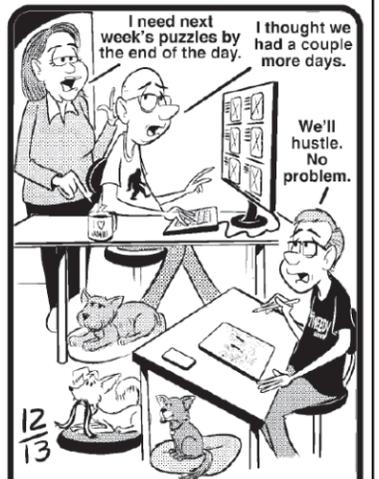
Unscramble these Jumbles, one letter to each square, to form four ordinary words.

RBUYL

SHCUR

DMIEDL

VLARGE



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

Print your answer here:

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by Caroline Catherman

People with colorectal cancer, the fourth most common cancer in the U.S., are often prescribed unnecessary chemotherapy after their cancer is completely gone.

The hope is that some patients can be spared after clinical trials of high-technology treatments end and are evaluated in a few years.

For decades, doctors have removed people's colorectal tumors and decided whether their patients needed subsequent chemotherapy by considering several risk factors. This method was imprecise and sometimes people who didn't need chemotherapy got it anyway.

There is now a potential path forward. New genetic sequencing technology can detect previously undetectable levels of cancer from just a blood draw. If a patient doesn't have any circulating cancer DNA, they may not need chemo post-surgery, suggested recent research from Australia.

"What we knew is that a lot of those patients were cured with surgery alone. We just didn't have a way to know which ones had microscopic cancer left in the blood, who needed chemo and who did not," said Dr. Mohamedtaki Tejani, medical oncologist and director of the Gastrointestinal Oncology program at the AdventHealth Cancer Institute and the AdventHealth Research Institute.

In 2019, 10,496 Floridians were diagnosed with colorectal cancer according to the Centers for Disease Control and Prevention. That number has likely been bolstered by people who delayed colonoscopies during the pandemic.

Many end up getting chemo, which uses powerful chemicals to kill cancer cells and costs thousands of dollars even with insurance. Out-

RESEARCHERS TEST 'HOLY GRAIL' TECH THAT COULD END CHEMO FOR SOME CANCER PATIENTS



of-pocket costs for the uninsured can reach six figures. Normal, healthy cells are often killed by the treatment, too, and though they can bounce back, their absence causes symptoms like nausea and vomiting, hair loss, exhaustion, and fever.

Infertility, lung disease, other cancers, heart problems, hearing loss, nerve damage, memory issues or early menopause can all pop up years after the treatment ends, according to Mayo Clinic.

Tejani is leading the AdventHealth site of two National Cancer Institute clinical trials of this sequencing technology, named SIGNATERA, developed by the DNA-testing company Natera.

One clinical trial involves patients with stage III colon cancer, which is when the disease has spread to surrounding tissue or lymph nodes.

These patients are traditionally prescribed chemotherapy after surgery, even though around 50% of stage III colon cancer patients are cured by surgery alone, some estimates say.

The study will randomly give or

withhold chemotherapy to stage III patients who have tested negative for circulating tumor DNA, then track their outcomes long term, Tejani said. It began in March 2022 and will conclude around March 2030. Tejani's AdventHealth site is currently enrolling participants.

Another clinical trial of stage IIA colon cancer patients has been going on since 2019 and aims to finish up in 2027.

Some researchers have reservations, however.

In a study of Canadian medical professionals released in May, they called this technology's potential applications a "holy grail" for detecting hereditary cancers. But they also worried about the impact of false-negative tests.

These could motivate patients to delay regular screenings, one anonymous medical professional said.

Several practitioners, whose identities were removed, said in the survey they were also concerned about how a patient's mental health could be affected if they did receive a positive result.

"If you have nothing that you can do beyond what you're already doing you're just going to have an anxious patient," wrote an anonymous practitioner.

To critics, Tejani points to another study AdventHealth is involved in which will track the blood test's impact on patients' quality of life, conducted by the company that created it. It has a 2025 end date.

In the future, Tejani hopes this test can also be used to screen for signs of colon cancer in those who haven't yet been diagnosed, and for it to extend beyond colon cancer to improve care for other cancers, such as gynecologic or pancreatic cancers.

"I think there'll be a day where all of us will be tested, and we'll be able to see whether we're predisposed in our life to have any particular cancer," Tejani said. "I, unfortunately, meet people who already have it and try to help them live as long as possible." ■

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HEALTH & CARE

Edward Jones

CAN YOU COUNT ON SOCIAL SECURITY?

by David Tam,
Edward Jones in Kensington

Risk is a normal part of investing. In fact, if you're getting closer to retirement, you might be thinking more about Social Security. Specifically, can you count on it to contribute part of the income you'll need as a retiree?

There's been an increase in alarming language surrounding the solvency of Social Security, but in reality, its prospects are not nearly as gloomy as you might have heard.

Here's the story: Under current law, Social Security is estimated to exhaust its trust funds by 2035, after which benefits could be cut by 20%, according to the 2022 Social Security Trustees report. However, the large cost of living adjustment (COLA) (8.7%) for 2023 could cause the trust funds to use up their resources sooner.

But this outlook may represent a worstcase scenario. For one thing, the cost of the 2023 COLA will be somewhat offset by higher taxes on workers contributing to Social Security. The maximum amount of earnings subject to the 6.2% Social Security tax jumped from \$147,000 in 2022 to \$160,200 in 2023. And in looking down the road, further



increases in this earnings cap may also help reduce the gap in the trust funds. Increasing the payroll tax is another possibility for boosting funding to Social Security.

And here's a political reality: Social Security is a popular program and it's unlikely that any future Congress wants to be blamed for reducing benefits. Of course, there are no guarantees, but it seems fair to say that you can reasonably

expect some benefits from Social Security when you retire.

But perhaps the bigger issue is just *how much* you should depend on Social Security for your retirement income. On average, Social Security benefits will provide about 30% of a beneficiary's preretirement earnings, according to the Social Security Administration. But the higher your earnings before you retire, the lower the percentage that

will be replaced by Social Security.

Still, you'll want to maximize the benefits that are available to you—and that means deciding when to start taking Social Security. You can begin as early as 62, but your monthly payments could be as much as 30% lower than your normal (or "full") retirement age, which will likely be between 66 and 67.

Even if you were to wait until

your full retirement age before collecting Social Security, you'll also need to draw on other sources of funding. So, while you are still working, it's a good idea to keep contributing to your IRA and 401(k) or other employer-sponsored retirement plan.

The amount you contribute should depend on your overall financial strategy and your financial needs, so, for example, you probably shouldn't put in so much into your retirement accounts that you feel significant stress in your monthly cash flow. But when you do get a chance to invest more in these accounts, such as when your salary goes up, you may want to take advantage of the opportunity.

Ultimately, you should be able to count on Social Security as part of your retirement income. You may want to consult with a financial professional to determine when taking Social Security makes the most sense for you and how you can also get the most from your other retirement accounts. You'll want a retirement income strategy that's built for the long run. ■

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



MAY 2023



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
MOTHER'S DAY						ARMED FORCES DAY
21	22	23	24	25	26	27
28	29	30	31			
	MEMORIAL DAY					



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APRIL 2023



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



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

TOP 2023 KITCHEN DESIGN TRENDS CREATE A STATEMENT, CHEF-INSPIRED OASIS

The kitchen isn't just a place where you cook food to nourish your body. It's a place where you gather with friends and family to connect and make memories. Because it's the heart of the home and facilitates so many activities, it's important to consider how your kitchen design can enhance the meaningful moments enjoyed within the space.

With this in mind, many people desire to upgrade their kitchen in 2023. If you're one of them, consider the top trends in kitchen design and how they can enhance your space:

TREND: FOCUS ON FUNCTIONALITY

The kitchen space is significant from an investment point of view, as well as an aesthetic one. Beyond the monetary and cosmetic aspects, it's important to keep in mind the kitchen is also the hardest-working space in the home. The products you select should be beautiful yet durable, and the materials used are as important as the design itself.

As you begin a project, seek options that enhance work areas, ease of operation and convenience. Consider a chef's sink that fits your personal needs, a faucet that provides multiple water pressures to conserve output or a separate filter faucet to cut down on bottled water consumption.



When researching, look for materials that can withstand the rigors of daily use while maintaining their luster and depth of color.

TREND: DESIGNER COLLECTIONS

Upscale collections remove guesswork, resulting in a kitchen that is classic and stylish with products that have the strength and durability to withstand the test of time. These attributes are the goals of expert designer Mick De Giulio, who partnered to create collections with KALLISTA starting in 2011 with the introduction of the Multiere and the Soltiere

chef-inspired kitchen sinks and accessories, and the Bacifiore entertainment sink, with the addition of the apron front Bacifiore sink in 2019.

With a career that has spanned over four decades, De Giulio approached his KALLISTA faucet designs as he does all his work, with the eye of an artist, the deft hand of a craftsman and the practicality of an engineer. Aply named Juxtapose to reference the collection's intriguing mixed metal finish combinations, the faucets' slim profiles and chic details were designed to "bring the soul back into performance products," explained De Giulio.

TREND: MINIMALIST DESIGNS

Expect to see more minimalist designs in upscale kitchen products in 2023 and beyond. Remember, minimalist doesn't mean minimal functionality. The best products pair superior function to suit modern life with minimalist designs that please the eye and offer understated elegance to a room.

For example, the KALLISTA cold-water Contemporary Filter Faucet features a slim, minimalist design that pairs beautifully with the Juxtapose series. The faucet has a 360-degree

swivel spout and requires a water filtration system, such as the KOHLER Aquifer Water Filtration System. This faucet is available in polished chrome, polished nickel, brushed nickel, unlacquered brass, matte black and stainless finishes.

TREND: THOUGHTFUL DETAILS

Like the jewelry that makes an outfit, thoughtfully selected details elevate the kitchen. Many people are putting in coffee/espresso stations that they use every day and distinguish the space by using expensive tile to define that one small area and set it apart. Complementing products also serve to complete the look, such as finish-matched soap dispensers or handcrafted cabinet hardware.

Intricate tile backsplashes, a statement-making feature wall, updated lighting, fun bar stools, vintage-style table and chairs, and new appliances in a finish appropriate to your fixture and faucet choices will also elevate your kitchen design. An insider note: Expect Mid-century modern aesthetics to continue to be big in 2023 because they tend to embrace minimalist design while maintaining an enduring warmth. This can help guide you when determining the kitchen details. ■

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AMERICA'S TEST KITCHEN



PULLED BARBECUE CHICKEN SANDWICHES

INGREDIENTS – SERVES 4

- 1/2 cup ketchup
- 1 tablespoon molasses
- 1 tablespoon Dijon mustard
- 1 tablespoon cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon vegetable oil
- 2 tablespoons finely chopped shallot
- 2 (8-ounce) boneless, skinless chicken breasts, cut in half lengthwise
- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 4 hamburger buns
- Pickle chips (optional)

DIRECTIONS

1. In a liquid measuring cup, whisk together ketchup, molasses, mustard, vinegar and Worcestershire sauce. Set aside.
2. In a 12-inch skillet, heat oil over medium heat for 1 minute (oil should be hot but not smoking). Add shallot, chili powder, and salt. Cook, stirring occasionally, until shallot is softened, about 3 minutes. Stir in ketchup mixture, scraping up any browned bits.
3. Add chicken to skillet. Bring mixture to boil. Reduce heat to medium-low, cover, and simmer for 4 minutes.
4. Flip chicken pieces over. Cover and simmer until chicken registers 165 degrees on instant-read thermometer, 4 to 6 minutes. Turn off heat.
5. Transfer chicken to a large plate. Let cool slightly, then use 2 forks to shred chicken into bite-size pieces. Return shredded chicken to skillet and stir to coat with sauce.
6. Heat chicken over medium heat until warmed through, 1 to 2 minutes. Evenly divide shredded chicken between hamburger buns. Top with pickle chips, if using, and serve.

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TRAVEL

WHAT YOU CAN EXPECT WHEN RIDING MICKEY & MINNIE'S RUNAWAY RAILWAY AT DISNEYLAND

by Richard Tribou

The new Mickey & Minnie's Runaway Railway dark ride coming to Disneyland is sweet, fun, charming and frenetic — just like Mickey and the next-generation cartoon shorts that inspired the attraction.

The new Mickey & Minnie's Runaway Railway debut recently at Disneyland, with previews held for the media and Disney employees in the days leading up to the official launch.

I rode Mickey & Minnie's Runaway Railway in March 2020 when the trackless dark ride opened at Disney's Hollywood Studios in Florida just before the COVID-19 pandemic shut down Disney theme parks around the globe.

SPOILER ALERT! What follows is a detailed preview of the Mickey & Minnie's Runaway Railway attraction coming to Disneyland. Consider yourself forewarned.

The new ride that will serve as the centerpiece of the reimagined Mickey's Toontown at Disneyland will be virtually identical to the East Coast version of the attraction.

The big difference is that the Florida ride is set inside a recreation of Hollywood's Chinese Theater while the California ride is set inside El Capitoon Theater — a cartoon world homage to Hollywood's El Capitan Theatre.

The varying facades mean the Florida and California attractions will have different opening acts. While the East Coast version of the ride continues the Chinese Theater motif through the attraction lobby, the West Coast version will feature cartoon props from Mickey Mouse's animated film and TV career after riders enter under Toontown's El Capitoon Theater marquee.

Mickey & Minnie's Runaway Railway captures the chaos of their cartoon shorts in a fun family ride that gets better with each ride — the true sign of great theme park attraction.

Designed with families and kids in mind, the first theme park ride ever dedicated to Mickey Mouse takes riders on a topsy-turvy journey aboard a runaway train that encounters hurricanes, waterfalls and stampeding bulls.

Riders board train cars behind a steam engine operated by Goofy — an early indication that things are not going to go according to plan.

During the journey, the four trackless ride vehicles split apart and follow their own paths — meaning the front car offers a completely different perspective from the back car. Riders in the front car often catch the beginnings of scenes that riders in the back never see and vice versa — with rear cars catching details front cars completely miss.

The five-minute dark ride delivers

the perfect balance of classic practical sets and audio-animatronics alongside more high-tech projection mapping effects and screen-based scenes.

There's so much to see in the new attraction that riders will have to ride Runaway Railway dozens of times to catch everything unfolding in the 360-degree panoramic views surrounding them.

The "trackless" portion of the ride allows the train cars to disconnect from the locomotive driven by the hapless Goofy. As you might expect, things immediately go awry and the train cars end up getting caught in a twister, washed over a waterfall and joining a dance recital. Riders sit in four train cars that frequently change order and position throughout the madcap journey. The trackless ride vehicles constantly make unanticipated twists and turns with enough force to send riders sliding back and forth along the bench seats, bumping into their neighbors beside them.

The pre-show "Perfect Picnic" cartoon short ends with a blast that lets riders enter a barn through a surprise entrance that suddenly appears in the film screen amid a cloud of smoke. Look away for a brief moment and you'll miss the eye-popping special effect.

Riders aboard the train join Mickey and Minnie as the couple sets off in a convertible red sports car for a romantic picnic in Runamuck



Park. What could possibly go wrong? Needless-to-say, everything runs amok just around the first turn in the track.

The dark ride's scenic sets have an off-register, hand-drawn look designed to mimic the style of the new Mickey Mouse shorts playing on the Disney Channel. This isn't the Mickey Mouse character you might recognize walking around Disneyland or the black-and-white cartoon mouse from 1928's "Steamboat Willie." This is a wildly comic, frenetic and manic Mickey who opens Minnie's mouth wide open with both hands and shoves an entire picnic lunch down her throat in a single gulp.

The animatronic versions of Mickey and Minnie in the attraction will take some getting used to. Mickey & Minnie's half-faces are shown in profile much like their two-dimensional cartoon characters. The twist: The three-dimensional characters' animated faces are rear-projected onto half-domed screens sitting on their shoulders. The result: The Mickey and Minnie animatronics look off-putting — even in this off-kilter world.

The twister sequence in the attraction perfectly illustrates the balanced blend of new and old technology that Disney masterfully combined in the new attraction. Projection technology in one scene shows the digital backgrounds swaying amid blustery wind effects. Those winds appear to blow the ride vehicles into the next room where a spinning three-dimensional twister

catches Mickey, Minnie and Pluto in a funnel cloud.

Another masterful sequence shows the genius of using projection-mapped digital backgrounds. A thundering volcano scene appears to push the train cars into a domed-screened room where riders plunge over a rushing waterfall. After the over-the-falls visual effect, the trackless train cars return to the same volcano room that has now been completely transformed into an underwater scene complete with a trumpet-playing octopus.

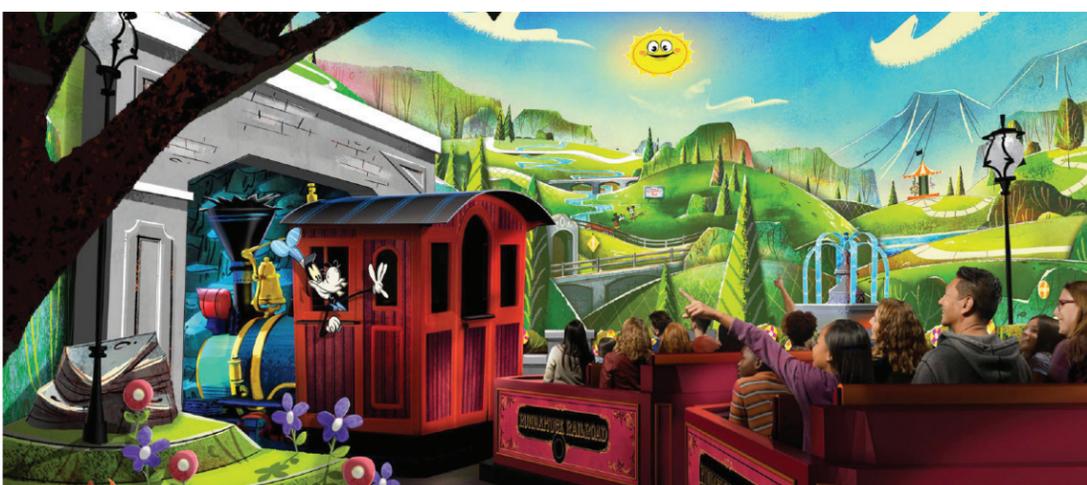
The final catastrophic scene inside a factory quickly transforms before riders' eyes with box-like screens that once displayed menacing machinery folding like collapsing fans into verdant evergreen trees.

The best scene in the ride: a comic cityscape chock full of eye candy and Easter Eggs that will send fans racing back into the queue to ride Mickey & Minnie's Runaway Railway again and again.

Of course, the chaos concludes with a happily ever after ending that finds Mickey, Minnie and Pluto finally getting to enjoy their picnic lunch next to a babbling brook.

Riders appear to exit through the same hole in the movie screen where they entered, now with "The End" written across the cartoon short credits. ■

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FIRE-EY QUESTIONS FROM YOUR NEIGHBORS

COIFING YOUR CANYON TO REDUCE EROSION AND FLAMMABILITY

by Judy Beust Harrington,
Co-Chair, Kensington Fire Safe

This column is your fire safe council's effort to share answers to questions we get from community members. Send your fire-related questions to info@kensingtonfiresafe.org and we'll do our best to find the answer!

Q: From Loren, an Alder Circle resident: "What should I plant in my shaded, bare dirt canyon area, to reduce fire and erosion risk?"

A: There was a house on Alder they called the sliding shame... I'm told the back room went right down the canyon decades ago in a heavy rain, probably like ones we witnessed this past winter. This neighbor's question is timely!

Lists of online drought and fire-resistant plants seem overwhelming, so I reached out to resident UC Cooperative Extension Master Gardener, DeLayne Harmon, and she reached out to fellow MGER, Lucy Warren, a southern California sustainable landscaping expert and writer. (Check out her excellent "California Native Plants" video at: www.youtube.com/watch?v=6K_0mj4h548.)

Lucy's advice? "My personal one-plant response for slopes: Baccharis 'Pigeon Point' mixed with at least four other species."



This coyote bush pigeon point was planted at the Elfin Forest Harmony Grove Fire Fire Department after the 1996 fire burned 100 homes. A beautiful demonstration garden nearby proves that fire-resistant greenery can be attractive and water-wise!

"Coyote Bush"—as it is also called—is a favorite of your fire safe council! Not only is it fast-growing, drought-tolerant and slope-stabilizing, it also is said to emit a mild flame retardant when faced with a fire. And, while it prefers sun, it can grow in mostly shade too.

DeLayne clarified that Pigeon Point ground cover—*Baccharis pilularis ssp pilularis*—is a specific coyote bush hybrid with smaller leaves that only grows to about two feet. You can often find it at City Farmers Nursery (3110 Euclid) or Hunter's Nursery (3110 Sweetwater Road, Lemon Grove). More info at [Calscape.org: https://calscape.org/Baccharis-pilularis-ssp-pilularis-Pigeon-Point-\(Pigeon-Point-Coyote-Brush\)?srchcr=sc5e39ba57165f9](https://calscape.org/Baccharis-pilularis-ssp-pilularis-Pigeon-Point-(Pigeon-Point-Coyote-Brush)?srchcr=sc5e39ba57165f9)

BE A DIVERSITY DIVA

What about that "four other species" advice? Check out Lucy's co-author and popular local landscaper, Greg Rubin's website on the role of native landscaping in fire suppression. Greg has landscaped homes that came out relatively unharmed while nearby houses were destroyed in wildfires. His years of research for the U.S. Navy established that lightly hydrated evergreen, perennial native plants assist in fire suppression as well or better than succulent plants. And diversity can help fight diseases too. More info at Greg's CalOwn website: www.calown.com/nativeEcology_fireSafety.html

The local chapter of the California

Native Plant Society (www.cnpsd.org/) has a great pamphlet which lists native plants for area landscapes. And you can narrow info down to your specific needs at gardenplanner.calscape.org.

PLANT WATER!

Another way you might increase your canyon's erosion and fire resistance is to capture some of the mountains of water that run off your house, with rain barrels and "swales" to safely catch the barrel's overflow during our rainy season. Swales are basically flat ditches or gutters, which can be filled with rocks, compost, and plants to safely increase your ground water and keep established plants healthy. They can slow a fire's spread toward your house and keep your trees alive if the day ever comes when we're prohibited from using scarce water for gardens. Much swale how-to info is available online or search permaculturenews.org for "mini-swales in an urban backyard." (www.permaculturenews.org/2016/01/11/mini-swales-in-an-urban-backyard/).

Bottom line for fire and erosion resistance: no to any dry woody stems, like ice plant, nol to invasives like Pampas grass or leaving the ground bare. Yes to harvesting barrels of rainfall to support oodles of attractive native plant diversity! Matchy-matchy is out in jewelry and gardens!!

working in retirement

by Stephanie Toone

For many, retirement is the coveted goal post at the end of a rewarding career.

It allots more time to spend with family and in the comforts of home. Though it represents the end of full-time work, it does not always mean never working another day.

The 2022 Spending in Retirement Survey examined the spending habits and income of 2,000 American retirees, ages 62-75. The survey found that 7 in 10 retirees depend on Social Security as the major source of their income. The survey also revealed that 1 in 3 of those individuals spends between \$2,000 and \$3,999 on living expenses monthly.

Many of those surveyed, 9 out of 10, cited inflation as the reason for decreases in their spending. If the inflating costs of food, gas, and living expenses have taken a hit to your income, consider these 3 ways to turn your lifelong work experience into profitable, work-from-home jobs.

CONSULTING

Consulting offers a lucrative way to share career expertise on an as-needed basis for companies and individuals, according to Annuity.org. If your previous line of work was nonprofit leadership, for instance, consulting for board development or fund development at a small nonprofit could be a consulting option. Whatever your line of work was prior to retirement, having success at virtual or remote consulting requires marketing yourself, networking,



3 WAYS RETIREES CAN MAKE MONEY FROM HOME

setting competitive rates and according to ZipRecruiter.

WRITING AND EDITING

If you have an eye for

grammatical errors and a love for the written word, the possibilities are endless for contract roles as an editor or writer. Connecting with

marketing agencies, publications or other entities in need of a proofreader or writer can be the gateway to monetizing those skills. It is important to note that it might not be lucrative right away, but writing and editing could pay off in the long run, Steve Vernon, president of retirement advising firm Rest-of-Life Communications told Annuity.org.

"You might not make income right away. Maybe you're volunteering or you're offering your services at a low cost to get in the door," he said.

On average, a professional editor can make \$30 an hour and a writer's median is \$32 per hour, according to U.S. News & World Report.

BOOKKEEPING

Bookkeepers manage business aspects such as financial accounts and payroll for companies. Providing that service part-time from home would be fitting for retirees who worked regularly with bookkeeping programs.

"Bookkeepers are excellent with organized and detailed work and math and computer programs like Excel, QuickBooks and other accounting software," Brie Reynolds, a career coach at FlexJobs career, told U.S. News & World Report. Those with previous experience can typically make a median of \$20 an hour as a bookkeeper. ■

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- HISTORICALLY SPEAKING -

LACE UP YOUR WALKING SHOES!

by Maggie McCann

With recent actions of the city's Historical Resources Board, we now have 110 historically designated resources in Kensington, and every one is a gem. With the weather warming up and Spring right around the corner, now is a good time to become familiar with our historic treasures by going out for a good walk. You can start almost anywhere and check out the houses, or pick and choose to view them by architectural style. It's easy if you know how, and if you want to know more about a house, you can find most of the information by using our handy map. Each point on the map identifies an historical house. Using a computer, pad or phone, if you click on a marker, a window will pop up to show a photo of the house, the year built, architectural style, historical name, and a link will take you to the nomination report which may contain a trove of other information, such as the name of the architect and builder, full description of the features, history of the occupants, and more.

LEGEND

-  Spanish Eclectic
-  Spanish Colonial Revival
-  Tudor
-  Craftsman (Arts and Crafts)
-  Mission Revival
-  California Ranch
-  Craftsman Bungalow
-  Custom Ranch
-  Monterey Revival
-  California Bungalow
-  Craftsman (Arts and Crafts) Neoclassical
-  Early Ranch
-  French Eclectic
-  Modern Ranch
-  Old English
-  Spanish Eclectic/Monterey
-  Storybook
-  Streamline Moderne
-  Other / No data



HISTORIC
KENSINGTON



If opening the map on your phone, tap on the marker and scroll down for the same information. You can reach the map in two ways: Through this link: <https://bit.ly/3jLTQXf> or scan the QR code below.

The markers on the map are color coded by architectural style, so if your interest is, for example, Tudor style, look for the red markers. Other architectural styles seen throughout Kensington include Spanish Eclectic, Spanish Colonial Revival, Craftsman, Mission Revival, California Ranch, Monterey Revival, French Eclectic, Modern Ranch, Old English, Storybook and Streamline Moderne.

Overall, the Spanish Eclectic style predominates in our neighborhood. What you might find in the detailed description would be something like this, for the Enrique and Esperanza Aldrete/Carl B. Hays House on Marlborough Drive: "This house, located in the Kensington neighborhood of San Diego, is a large two-story example of the Spanish Revival/ Eclectic style built in 1929. It has a low pitched gable, hipped and shed red tile roof. The east (front) elevation faces Marlborough Drive and utilizes an asymmetrical façade with a repeating arched front porch and porte-cochère and upper level balcony. A single story gabled front wing extends out on the northern side with a large arching focal window. The raised arching front porch maintains the original arching front doorway and iron porch railing. An upper level corner balcony sits beneath the principle hipped roofline of the home. The home was originally built on a triple lot with walled garden to the north and tennis court to the south."

Further on in the report you may find information about the original occupants, builders and architects. "On November 22, 1928, Carl B. Hays and wife Matilda purchased lot 323 of Kensington Heights Unit 3 which was recorded on December 1 that same year in 1928. Carl was born on October 8, 1884 in Ohio. Matilda G. Cristman

was born in Ohio on March 3, 1888. The 1920 and 1930 U.S. Census show that the couple had three children: Helen L. born in 1913, William S. born in 1915, and John K. born in 1921. All of the children were born in Ohio. Presumably, the family moved to San Diego from Akron, Ohio sometime between 1922 and 1923, as the 1920 Census shows Carl had his own real estate office in Akron. Carl B. Hays appears to have been active as a builder in the late 1920's and early years of the Great Depression. In April 1929, Enrique Aldrete and Esperanza B. de Aldrete purchased 5232 Marlborough Drive from builder Carl B. Hays. The Aldretes owned and lived in the home until 1939 along with their five children. Enrique was a former mayor of Tijuana, as well as a Mexican consul in San Ysidro, and former vice mayor of Ensenada." Enjoy your walk! ■



SCAN THIS QR CODE TO ACCESS
THE MAP ON YOUR PHONE:

Mike's Recent Market Activity

The Kensington Collection



KENSINGTON! - 4321 Alder Drive

Spanish! 4 bedrooms 3 baths family room huge living and dining rooms and two additional lower level bedrooms. Over 4000 sf on an exquisite view lot. Expected to be on the docket for Historic Designation this year!
Offered at \$2,499,000



**92105!
4328 41st Street**

Two bedroom 1.5 bath remodeled throughout. Great starter home with room to add on, ADU's, extra units!
Offered at \$749,000



**KENSINGTON!
Vacant Parcels - Aldine Drive**

Nine individual parcels on the Aldine canyon. Seller will sell all together or individual lots (\$65,000 per). Call Mike for information on zoning and usage.
Offered at \$569,000 (for all nine)



**KENSINGTON!
4196 Rochester Road**

Spanish! Classically styled home with 2 bedrooms 2 baths plus a studio on site as well as significant storage. All on a spectacular QUIET canyon view lot of 3/4 of an acre. One of Kensington's best locations.
Offered at \$2,175,000



**KENSINGTON!
4545 Terrace Drive**

Two story Spanish with open and light formal living room w/fireplace, formal dining and a remodeled kitchen! Two bedroom down and two up including the main suite. One bedroom is large enough to split in two. Private flat yard plus detached garage!
Closed at \$1,300,000



**KENSINGTON!
4037 South Hempstead**

Significant charm in this impeccable 2br 2ba with a huge canyon view! On two levels the upper is the living room, kitchen and dining area with vaulted ceiling and fireplace and one of the bedrooms. Lower level is main bedroom and bath, beautifully done.
Offered at \$1,265,000



**KENSINGTON!
4358 Alder**

Three bedroom three bath traditional styled home on a quiet lot complete with pool! Formal LR and DR as well as a gorgeous open kitchen and family room leading to the pool and entertaining areas.
Offered at \$2,175,000



**KENSINGTON!
4226 Middlesex Drive**

Striking two story Spanish on an impressive quiet canyon view lot! Three bedrooms three baths plus family room, step down formal living room, formal dining, beautifully appointed kitchen and a pool and spa all on a gorgeous tranquil lot!
Closed at \$2,065,375

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KENSINGTON THAN MIKE TRISTANI!**

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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.