


District 9 Candidates for City Council

Let's empower Kensington with a NEW council representative, one who WILL represent us! Primary is in March and one of these individuals will be up against Sean Elo Rivera. Let's show our support!



**TERRY HOSKINS**

I am running for City Council because District 9 is the most diverse, dynamic, and deserving District in San Diego and deserves better representation than it currently receives. As a retired San Diego Police Officer, I have served the people and businesses of District 9 for more than 14 years, the last nine years serving as a Community Relations Officer. I know firsthand and have heard from community members and business owners the collaborative struggles of our neighbors with City Hall. Our City Council needs to understand the potential our communities have to offer. Please join me in making District 9 San Diego's Finest District, where neighborhoods and businesses strive.

I have spent an entire lifetime serving our nation, serving in the United States Marine Corps for approximately 26 years as an infantryman, obtaining the prestigious rank of Sergeant Major. I am a combat veteran, wounded during combat and decorated for bravery. I understand the significance of working hard for the things that matter, mainly family and survival. I am not looking for future political aspirations of being a Mayor, County Supervisor, or seeking Sacramento. My heart and soul are this District, and I will always be faithful to the men, women, and businesses in this District. I have made tough decisions all my life. As a leader, I am my person. I will not succumb to big donors or advocacy groups not representing this fantastic District. In collaboration, we can enhance our single-family neighborhoods, responsibly increase density, focus on realistic infrastructure to support an increase in density, and allow current and new businesses to flourish.

[www.hoskins4citycouncil2024.com](http://www.hoskins4citycouncil2024.com)



**FERNANDO GARCIA**

San Diego is at a crossroads. We need a leader who is willing to fight for neighborhoods, small businesses, and the safety of its citizens. As a small business owner, I understand the risks and rewards of turning an idea into reality. I plan to serve my community by:

- Saying no to bad housing policies like SB10. We can build responsibly and reasonably by targeting development on our transit corridors. Let's create thriving boulevards by putting neighborhoods first and including community voices in the process.
- Lowering housing costs for renters with property tax incentives for homeowners who create neighborhood-compatible affordable housing.
- Stop enabling homelessness and let's start empowering people to get off the streets. Camping on our streets is not an option.
- Fully supporting and funding SDPD to protect our citizens and small businesses.
- Advocating for clean, renewable energy and lower energy costs by replacing SDGE with our own San Diego Utility Company.

Join me in making San Diego live up to everything we know it can be.

[www.garciaforsandiego.com](http://www.garciaforsandiego.com)

FYI... SEAN ELO-RIVERA VOTES AGAINST HISTORIC DESIGNATIONS

Council member Sean Elo Rivera who represents District 9 (which includes Kensington) has voted continuously in City Council meetings to UPHOLD appeals that have been made against recent historic home designations.

There is currently a resident of South Mission Hills who is filing appeals against several recently designated homes, mostly on items he feels are technicalities. These appeals need to go before the City Council. So far Elo Rivera has been clear in voting to uphold vs deny the appeals. Fortunately the rest of the City Council has denied the appeals on all of them. His pattern has been very clear but I will give him credit for voting to deny one appeal in North Park. He also did not opt to make a motion for another Kensington property up for appeal on the same day, presumably because it is in his district. Surprisingly no other council member made a motion. As a result the property remains historic. I reached out to his office asking what is the reasoning for upholding the appeals and offered them a statement in this publication. This is what I got:

*"I appreciate the value of historic designations, how they help shape a community's identity and build a unique culture. They give our city character and create a sense of pride in our neighborhoods. These designations must be evaluated on a case-by-case basis and be held to very high standards to ensure that the value of historic designations are not diminished."*

What does that mean?? When I questioned the person who sent this to me to elaborate he said that the third statement of that quote is Elo Rivera's position. No concrete rationale as to why he thought the designations were flawed and merited appeal. Apparently by his vote, the Historic Resources Board doesn't know what they are doing but the person from South Mission Hills does? There is definitely more here than meets the eye.

Historic Designation is about preserving our neighborhood's "character and sense of pride" as Elo Rivera put it. Voting in favor of the appeals makes me think that he might be against Historic Designations. It seems obvious.

Kensington voters, especially those in Historically Designated homes and those who read this who are not in Kensington but Metro community voters let's bring about the change we need for a Council member who will SERVE OUR NEEDS, LISTEN TO US AND PRESERVE OUR NEIGHBORHOODS!

Happy New Year! - 2024

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HISTORICALLY  
SPEAKING  
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And More!

DP #24700



# WINNIE'S PICKS!

by Winnie Hanford  
of Kensington Video



## TED LASSO (2020: SEASONS 1-3)

Developed by Jason Sudeikis, Bill Lawrence, Brendan

Hunt and Joe Kelly

Hannah Waddingham has just ended a contentious divorce. Part of the settlement gave her majority ownership of her ex-husband's premier English soccer team. In a surprise move, she hires Ted Lasso from Wichita State who has surprisingly won his first national title in football. Ted leaves his family behind and becomes the coach of AFC Richmond. The one sticking point is that Ted knows nothing about the sport of soccer. This



is a binge-worthy series with a cast of unusual personalities that work perfectly together. It's a Winnie's Pick.

## TEHRAN (2020: SEASONS 1-2)

Directed by Daniel Syrkin

Tamar Rabinian is a Mossad operative who is skilled at hacking into computer mainframes. She is assigned the task of disabling a nuclear reactor in Iran, which requires her to switch identities with an employee at a local electric station. She is familiar with Iran since this was her birthplace; however, things go awry due



to some personal relationships among the employees that were not discovered prior to Rabinian's entry. This series has numerous twists and turns and keeps you guessing how Tamar will be able to succeed and escape the country. This series won the International Emmy Award for Best Drama.

*I thought it would be fitting to honor some of the Hollywood stars who are still alive entering 2024. These are some of my personal suggestions to enjoy from their amazing contributions to cinema.*

**MEL BROOKS,**  
97 years (June 28, 1926)

## YOUNG FRANKENSTEIN (1974)

This comedic tribute to the Universal Frankenstein movies of the 1930s features Gene Wilder, Marty Feldman, Peter Boyle, Gene Hackman, Cloris Leachman, Kenneth Mars, Teri Garr, and Madeline Kahn.



## BLAZING SADDLES (1974)

Mel Brooks stated in an interview that he could never get away with making this film today. The stereotypes are purposely satirical to poke fun of many biases that exist. The cast includes Cleavon Little, Gene Wilder, Mel Brooks, Madeline Kahn, Slim Pickens, David Huddleston, Claude Ennis, and Harvey Korman.



Edie and Father Barry. The cast includes Marlon Brando, Karl Malden, Eva Marie Saint, Lee J. Cobb, and Rod Steiger.



## NORTH BY NORTHWEST (1959)

Cary Grant heads this Hitchcock thriller of mistaken identity. Eva Marie Saint assists Grant in escaping capture and death. The favor is returned in a climactic scene atop Mt. Rushmore. The ending is superb as Grant's hand reaches for Saint to save her falling to her death and cuts to a closing scene that will bring a smile to your face. The cast includes Cary Grant, Eva Marie Saint, James Mason, Leo G. Carroll, Josephine Hutchinson, Martin Landau, Edward Platt, and a cameo of Hitchcock in the opening titles.



*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, 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 find good homes for every cat that we take in – we are a true no-kill cat rescue organization.  
[mail@rescuehouse.org](mailto:mail@rescuehouse.org) | (760) 591-1211 | [RescueHouse.org](http://RescueHouse.org)



Ozzy

I'm a three year old cuddle bug that adores affection, playtime with feathers, delicious canned food and high places to perch and nap. Let's get to know one another and get cozy.



Chika

I'm a sweet one year old girl that enjoys gentle pets and attention. I may choose your lap for a snuggle. I like to play with my toys too. I'd prefer to be your only cat but a respectful dog might be okay.



Jackson

I'm the sweetest two year old boy you'll ever meet. I'm also quite chatty and affectionate. I love people, playtime and snoozing with you in bed every night. Forgive me but I'm not fond of other cats and dogs.



Mr. Wolf

I'm the biggest little panther boy and so lucky to be born and raised in a foster home! I'm five months old and fun. I'm also a calm teddy bear with lots of love to share! I like cat friends and children too.



Delilah

I'm a brave seven month old girl but just a little bashful at first. I love to snuggle and play with my brothers, especially Atlas. My toys are fun to throw and pounce on. Please scratch me on my cheeks and chin.



Atlas

I'm all about play, cuddles and mealtime! I'm seven months old and I find my own tail very entertaining. My siblings are my favorite friends and I'd love to be adopted with my sister Delilah or make a new friend in my new home.

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## IMPORTANT WEBSITES FOR YOUR INFORMATION:

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

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

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

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

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

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

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





# SUDOKU

created by Crosswords Ltd.

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

## SCRABBLE G R A M S

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A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	T <sub>1</sub>	N <sub>1</sub>	S <sub>1</sub>	P <sub>3</sub>			
A <sub>1</sub>	A <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	M <sub>3</sub>	L <sub>1</sub>	M <sub>3</sub>			
E <sub>1</sub>	I <sub>1</sub>	Y <sub>4</sub>	S <sub>1</sub>	H <sub>4</sub>	W <sub>4</sub>	K <sub>5</sub>			
E <sub>1</sub>	I <sub>1</sub>	C <sub>3</sub>	T <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	S <sub>1</sub>			
A <sub>1</sub>	I <sub>1</sub>	D <sub>2</sub>	N <sub>1</sub>	N <sub>1</sub>	K <sub>5</sub>	M <sub>3</sub>			

PAR SCORE 265-275  
BEST SCORE 333  
FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com 08-06

# CROSSWORD PUZZLE

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				32							
33							34						35	36	37
38					39	40						41			
42				43							44				
			45							46					
47	48	49						50	51				52		
53							54					55	56		
57					58	59		60					61	62	63
64								65							
66					67			68					69		

## ACROSS

- 1 Kilauea flow

5 Clear dishes from

8 Jammies

11 Hosp. figures

14 Longest, as odds

16 Like many Berbers

18 \*Occasion to pin back one's coif?

19 Like village roads

20 Mediterranean country

22 Mixed martial artist Rousey

23 Girl of the fam

26 \*Catchy part of a virtuous song?

29 Shortly

32 Arboreal marsupial
- 33 "You betcha"

34 Garage door opener brand

35 Org. that includes the TSA

38 \*People born during the Era of Good Feelings?

42 Digs in the mud

43 Battery measures

44 Biblical mount

45 Bernie in his mittens, Keanu playing with puppies, etc.

46 "Yeah, that's old news"
- 47 \*Evening spent downloading the latest OS?

52 Manhattan option

53 Mind

54 Qualifying events

57 Calm

60 Social climbers, and what the answers to the starred clues literally have

64 Brings in

65 "You can guess the rest"

66 Put away

67 Keystone bumbler

68 Mauna \_\_

69 Monumental

## DOWN

- 1 "Geaux Tigers!" sch.

2 High point of a trip to Europe?

3 YouTube clip, for short

4 Mine, in Montréal

5 Capital in the Levant

6 Many an election night graphic, for short

7 Direct

8 LAX setting

9 Yak

10 Limited autonomy, so to speak

11 Pipe cleaner

12 Internet stranger

13 Quarterback maneuver

15 The Colorado fourteeners, e.g.: Abbr.
- 17 Hana Airport greeting

21 Compares

23 Facial cavity

24 Unsuitable

25 Watched from the sidelines

27 Left

28 Locks

30 Letters in ancient history

31 "Tell me if this is too personal, but ..."

34 Understands

35 Currency of Serbia and Jordan

36 White with frost

37 Biting

39 Large volume

40 Singer Campbell
- 41 Draw

45 Two socks, hopefully

46 Mississippi source

47 Linguistic practices

48 Violinist/singer Haden

49 Light rail stop

50 Slop

51 Aware of

55 Cell service letters

56 Appease fully

58 Citigroup's Jane Fraser, e.g.

59 Super vision?

61 Set component

62 Tetra- minus one

63 \_\_ bunt

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# PUZZLE ANSWERS

SCRABBLE G R A M S SOLUTION	
PAR SCORE 265-275	
TOTAL 333	
RACK 5 = 78	M <sub>3</sub> A <sub>1</sub> N <sub>1</sub> K <sub>5</sub> I <sub>1</sub> N <sub>1</sub> D <sub>2</sub>
RACK 4 = 59	T <sub>1</sub> R <sub>1</sub> I <sub>1</sub> S <sub>1</sub> E <sub>1</sub> C <sub>3</sub> T <sub>1</sub>
RACK 3 = 70	W <sub>4</sub> H <sub>4</sub> I <sub>1</sub> S <sub>1</sub> K <sub>5</sub> E <sub>1</sub> Y <sub>4</sub>
RACK 2 = 61	M <sub>3</sub> A <sub>1</sub> I <sub>1</sub> L <sub>1</sub> M <sub>3</sub> A <sub>1</sub> N <sub>1</sub>
RACK 1 = 65	P <sub>3</sub> E <sub>1</sub> A <sub>1</sub> S <sub>1</sub> A <sub>1</sub> N <sub>1</sub> T <sub>1</sub>

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

L	A	V	A	B	U	S	P	J	S	D	R	S
S	L	I	M	E	S	T	S	A	H	A	R	A
U	P	D	I	M	E	T	W	O	L	A	N	E
S	I	S	R	A	E	L	R	O	N	D	A	
S	I	S	U	P	R	I	G	H	T	O	K	
N	I	N	I	A	B	I	T	K	O	A	L	
S	N	A	T	C	H	G	E	N	I	E	D	
S	U	P	B	E	A	T	G	E	N	E	R	A
S	U	P	B	E	A	T	G	E	N	E	R	A
S	U	P	B	E	A	T	G	E	N	E	R	A
S	U	P	B	E	A	T	G	E	N	E	R	A
S	U	P	B	E	A	T	G	E	N	E	R	A



# SOCIAL SECURITY BENEFITS IN 2024: 5 BIG CHANGES RETIREES SHOULD PLAN FOR



**BOB HAEGELE** - As inflation lingers, the Social Security Administration (SSA) is boosting its cost of living adjustment (COLA) for benefit checks in 2024. It's just one of many changes announced by Social Security recently.

More than 71 million people depend on one of Social Security's benefit programs, so annual changes to the program and its payouts are always highly anticipated. While this year's cost-of-living-adjustment is down substantially from last year's 8.7% increase — the biggest boost in over 40 years — any extra income is welcome news for beneficiaries on fixed incomes.

Here are some key changes to Social Security happening next year – and what you need to know.

## COST OF LIVING ADJUSTMENT (COLA) RISES

The SSA has announced that benefit checks will rise 3.2% in 2024. The 3.2% adjustment will amount to a \$59 increase in monthly benefits for the average retired worker on Social Security, beginning in January.

Specifically, the average check for retired workers will increase from \$1,848 to \$1,907. For a couple

with both partners receiving benefits, the estimated payment will increase from \$2,939 to \$3,033, a rise of \$94.

Since 1975, the SSA has tied cost of living adjustments to the Consumer Price Index for urban wage earners and clerical workers (CPI-W). The SSA compares the third-quarter CPI-W for the prior year to the third-quarter CPI-W in the current year to determine the COLA. It then adjusts the COLA based on the difference in CPI-W from one year to the next.

## MAXIMUM TAXABLE EARNINGS GOING UP

In 2023, the maximum earnings subject to Social Security taxes was \$160,200. That is, workers paying into the system are taxed on wages up to this amount, typically at the 6.2% rate. In 2024, the maximum earnings will increase to \$168,600, meaning more of a worker's income will be subject to the tax. This adjustment is due to an increase in average wages in the U.S.

## MAXIMUM SOCIAL SECURITY BENEFIT ALSO SET TO INCREASE

As expected, the maximum Social Security benefit for a

worker retiring at full retirement age will also increase in 2024, from \$3,627 to \$3,822. It's important to note that this maximum applies to those retiring at the full retirement age, which is 67 for anyone born after 1960.

The maximum will be different for those who retire before the full retirement age, because benefits are reduced in that situation. The same applies for those who retire after the full retirement age, a strategy that can max out your benefit check.

## AVERAGE BENEFIT FOR SPOUSES AND DISABLED WORKERS IS INCREASING, TOO

The average benefit will increase across the board in 2024, and that includes benefits for people such as widows, widowers and the disabled. Here's how those figures break out:

—The SSA says the average widowed mother with two children will see an increase from \$3,540 to \$3,653.

—Aged widows and widowers living alone will see their benefits increase from \$1,718 to \$1,773.

—The benefit will increase for a disabled worker with a spouse

and one or more children from \$2,636 to \$2,720. Of course, those are averages, and individual circumstances will vary.

## SOCIAL SECURITY ADJUSTS EARNINGS TEST EXEMPT AMOUNTS

If you claim your retirement benefits before you hit full retirement age, Social Security will withhold some benefits from your check above certain levels of income. It's what the program calls the retirement earnings test exempt amounts, and it can claim a serious chunk of your benefits if you're still working. Here's how it will work in 2024.

If you start collecting Social Security before full retirement age, you can earn up to \$1,860 per month (\$22,320 per year) in 2024 before the SSA will start withholding benefits, at the rate of \$1 in benefits for every \$2 above the limit. In 2023, the maximum exempt earnings were \$1,770 per month (\$21,240 per year).

In the year you reach full retirement age, this rule still applies, but only up until the month you hit full retirement age and with much more forgiving terms. In 2024, you can earn up

to \$4,960 per month (\$59,520 per year) before benefits are withheld, at the rate of \$1 in benefits for every \$3 earned above the limit (instead of every \$2). In 2023, the threshold was \$4,710 per month (\$56,520 per year).

## MEDICARE PART B PREMIUMS INCREASE

While Social Security and Medicare are different programs, most retirees participate in both, and many have their Medicare Part B premium automatically deducted from their Social Security check. Monthly Medicare Part B premiums will rise from \$164.90 in 2023 to \$174.70 in 2024. The annual Part B deductible is also rising next year, from \$226 in 2023 to \$240 in 2024, or a \$14 increase.

## BOTTOM LINE

The 2024 Social Security COLA offers retirees and others a better-than-average boost to their benefits as inflation lingers. But that's not the only change to the program, as other levels and thresholds have been adjusted to account for on-going inflation, too.

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## EDWARD JONES

# CONSIDER FAMILY MEETING TO DISCUSS ESTATE PLANS

BY DAVID TAM,  
EDWARD JONES IN KENSINGTON

At some point, you'll want to share your estate plans with your loved ones — and the first step in this process may be to hold a family meeting.

The best time to hold this meeting is when you're still in good mental and physical shape, and the enactment of your estate plans may well be years away. But what topics should you cover? Consider these main areas:

## YOUR WISHES — AND THOSE OF YOUR FAMILY

Use this meeting to introduce your estate plans and, in a basic sense, what you hope to accomplish with them — leave money to your family, support charitable groups and so on. You'll want to emphasize that you want to be equitable in what you leave behind, but there may be issues that affect this decision, such as disparities in income between grown children or an allowance for a special-needs child. But you'll also want to listen to what your family members want — and you might be surprised at what they tell you. Consider this: More than 80% of the millennial generation would rather know their parents are financially secure throughout their retirement, even if this



means that their parents will pass on less money to them, according to an Edward Jones/Age Wave study.

## ESTATE PLANNING DOCUMENTS

At the time of your family meeting, you may or may not have already created your estate planning documents, but in either case, this would be a good time to discuss them. These documents may include a will, a living trust, financial power of attorney, health care power of attorney and possibly other arrangements. At a minimum, you'd like to give a general overview of what these documents mean, but at an initial

family meeting, you don't necessarily have to get too detailed. For example, you might not want to talk about specific inheritances. This is also an opportunity to inform your loved ones of the professionals involved in your estate plans, such as your attorney and your tax advisor.

## ROLES OF EVERYONE INVOLVED

Not only does a comprehensive estate plan involve moving parts, such as the necessary documents, but it also includes actual human beings who may need to take on different roles. You will need an executor for your will and, if you have a

living trust, you'll need a trustee. Even if you choose to serve as the initial trustee, you'll still need to identify one or more successor trustees to take your place if you become incapacitated, or upon your death. Plus, you'll need to name people to act as your power of attorney for health care and finances. Choosing the right people for these roles involves thought and sensitivity. Obviously, you want individuals who are competent and reliable, but you also need to be aware that some family members could feel slighted if others are assigned roles they feel they could do. By being aware of these possible conflicts, you can be better prepared to address them.

Here's one more suggestion: Let your family know that this initial meeting doesn't mean the end of communications about your estate plans. Encourage your loved ones to contact you with questions whenever they want. You may need to hold additional family meetings in the future, but by laying the initial groundwork, you will have taken a big first step in establishing the legacy you'd like to leave.

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



# MARCH 2024

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
ST. PATRICK'S DAY 24		SPRING BEGINS				
25	26	27	28	29	30	
EASTER SUNDAY 31					GOOD FRIDAY	



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# FEBRUARY 2024

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



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RESTAURANT RAVE

PIACERE MIO!

BY MIKE TRISTANI

The name says it all! My Pleasure. I'm sure I've reviewed this restaurant a long time ago but it definitely bears repeating. You will soon read why I believe that this is the way a restaurant should be run. For an upcoming Saturday night and wanting to go out of Kensington for dinner and in particular in search of Cioppino we thought of Piacere Mio! Have been before and always had a great experience. It happened to

be the walk about in South Park as we discovered when we arrived for our reservation. Lots of people on the street and a small crowd in front of the full restaurant. How would the evening fare? By sheer luck we got a parking space behind the restaurant! So that started us off right. The hostess seating people was very nice and handled the crowd beautifully. In between seating people she helped bus tables all while maintaining a smile on her face. The entire staff seemed to work together.

We waited about 30 minutes past our reservation which was totally fine because we knew how good this place is! The restaurant was full and conversations lively but still a manageable level of noise. Great atmosphere and lighting. We had one main server, but over the course of the evening three servers assisted or came to our table. Exceptional attention to detail. Very quickly after we were seated a basket of bread and olive oil & balsamic vinegar were brought to the table. No up charge for bread! Starters here



is always a glass of Prosecco and their delicious calamari fritti. Yes we do order it a lot! This one comes with a few shrimp thrown in and a warm tomato dipping sauce. Next up a Fern Street salad which is baby iceberg, smoked pancetta, gorgonzola and ranch dressing. Delectable! They split one for us and the photo shows the half portion. We opted for the Cioppino (fish stew) and the Taglierini Neri Ai Frutti Di Mare...homemade squid ink pasta with clams, mussels, calamari and shrimp in a white wine marinara sauce. Both were insanely delicious and enough for take home leftovers. Priced well at \$24.50 each. Most pasta dishes are under \$20, main entrees under \$30 and a unique make your own pasta selection of type and sauce also well priced. The entire menu appears to not have been taken hostage with inflated prices! It is a varied menu in all categories so there is something for everyone. Several appetizers and salads to choose from along with first

courses (pasta) and main courses in abundance. Could we do it? Dessert?? We were so comfortable in this restaurant that we had to make room for gelato and their excellent coffee. Chocolate gelato was enough for both of us. Some points to think about with Piacere Mio... No charge for bread (remember when that was always a thing, everywhere?) Glasses of wine, \$9.50 vs your typical \$15.00, no "surcharge" of 4 or 5 % on your bill. None of this diminished the food quality and the waitstaff. It can be done! Piacere Mio has another location in Del Sur which I am sure is fine but South Park feels more like a neighborhood restaurant. Located at 1947 Fern Street (corner of Fern and Date) there are a few parking spaces behind the restaurant (mostly for night time) otherwise street parking. [www.piaceremiosd.com](http://www.piaceremiosd.com) 619-794-2543 *Reservations can be made online.*

INGREDIENTS  
SERVES 4 TO 6

- ❑ 1/4 cup light soy sauce
- ❑ 2 tablespoons dark soy sauce
- ❑ 5 teaspoons sugar
- ❑ 15-18 scallions (6 ounces), white and green parts separated
- ❑ 1 (1-inch) piece ginger, peeled
- ❑ 1 pound fresh Chinese wheat noodles
- ❑ 2/3 cup peanut or vegetable oil
- ❑ 1/8 teaspoon table salt
- ❑ 1 shallot, halved and sliced thin



— AMERICA'S —  
TEST KITCHEN

SHANGHAI SCALLION OIL NOODLES  
DIRECTIONS:

1. Combine light soy sauce, dark soy sauce, and sugar in a small bowl; set aside. Halve scallion whites lengthwise, then slice into 1 1/2-inch segments. Slice green parts into 1 1/2-inch segments; reserve white and green parts separately. Slice ginger crosswise into thin rounds. Stack rounds and slice into thin matchsticks.
2. Bring 4 quarts water to boil in a large pot. Add noodles and cook, stirring often, until just tender. Drain noodles, rinse well, and drain again; set aside.
3. Meanwhile, heat oil and scallion greens in a 14-inch wok or 12-inch nonstick skillet over medium-high heat and cook, stirring constantly, until most scallions are browned and crispy, 8 to 10 minutes. Off heat, use a slotted spoon to transfer scallion greens to a small bowl; sprinkle with salt and set aside.

4. Add shallot, scallion whites, and ginger to oil remaining in wok and cook over medium-low heat, stirring often, until scallion whites and shallot are golden and wilted, 11 to 13 minutes.
5. Stir soy sauce mixture to recombine and add to scallion mixture in wok. Cook, stirring often, until sugar is dissolved and sauce is rapidly bubbling, 1 to 2 minutes. Add noodles and toss until evenly coated in sauce and heated through, 2 to 3 minutes. Transfer noodles to serving bowls and top with scallion greens. Serve.

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# THE HEALTH BENEFITS OF TAI CHI

BY MAGGIE MCCANN

**Y**ou may have seen a peculiar sign most Saturday mornings in front of the Kensington Community Church social hall and wondered, "What on earth are they doing in there?" Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

According to Harvard Medical School, in this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, “white crane spreads its wings” — or martial arts moves, such as “box tiger’s ears.” As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the fittest to people confined to wheelchairs or recovering from surgery.

A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age. According to the National Council on Aging, over 500 published medical studies have shown tai



chi improves many aspects of health. Almost all of these studies are based on modernized tai chi. The benefits of tai chi are generally greatest if you begin before you develop a chronic illness or functional limitations. Tai chi is very safe, and no fancy equipment is needed, so it's easy to get started. If you have a limiting musculoskeletal problem or medical condition – or if you take medications that can make you dizzy or lightheaded – check with your doctor before starting tai chi. Given its excellent safety record, chances are that you'll be encouraged to try it.

Taking a class may be the best way to learn tai chi. Seeing a teacher in action, getting feedback, and experiencing the camaraderie of a group are all pluses. Most teachers will let you observe the class first to see if you feel comfortable with the approach and atmosphere. Advanced, or continuing, classes allow you to work one-on-one with an instructor to focus on movements that can be refined for further benefit.

Choose loose-fitting clothes that don't restrict your range of motion. Yoga pants work well, but sweat pants do, too. You can practice barefoot or in lightweight, comfortable, and flexible shoes. You'll need shoes that won't slip and can provide enough support to help you balance, but have soles thin enough to allow you to feel the ground. Running shoes, designed to propel you forward, are usually unsuitable.

Most beginning programs and tai chi classes tested in medical research last at least 12 weeks. The tai chi taught at Kensington Community Church is generally a 12 week course, during which you can learn and practice the 108 movements of Taoist Tai Chi. This form of tai chi was designed by Master Moy Lin Shin, a Taoist Master who, for his own health reasons, studied tai chi in China and Hong Kong prior to immigrating to Toronto, Canada and founding the Fung Loy Kok Institute of Taoism.

Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning.

Tai chi can improve both



lower-body strength and upper-body strength. When practiced regularly, tai chi can be comparable to resistance training and brisk walking. Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body. Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen.

Tai chi improves balance and, according to some studies, reduces falls. Proprioception – the ability to sense the position of one’s body in space – declines with age. Tai chi helps train this sense, which is a function

of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.

With the New Year upon us, and the urge to make health resolutions, think about trying a tai chi class on Saturday mornings at the Kensington Community Church. You will meet neighbors there who already are enjoying the benefits, and the movements are appropriate for adults of any age.

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**Balance  
Flexibility  
Tranquility**



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in Kensington  
4773 Marlborough Drive**

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**Try a session or two before you decide!**

*New participants are welcome to join sessions already in progress*

**For the safety and protection of all our participants, proof of vaccination is currently required.**

For more information:

Web: [Taoisttaiichi.org/locations/san-diego-kensington-community-church/](http://Taoisttaiichi.org/locations/san-diego-kensington-community-church/)

Phone: 877-398-1108

The Taoist Tai Chi Society of the USA is a charitable, non-profit, 501(c)(3) organization



FIRE-EY QUESTIONS FROM YOUR NEIGHBORS

WHEN IS THE CITY GOING TO TRIM OUR OVERGROWN CANYONS?

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

Kensington's fire safe council will share our researched answers to inquiries from community members. Please send your fire-related questions to [info@kensingtonfiresafe.org](mailto:info@kensingtonfiresafe.org). Pictures are really appreciated too!

**Q:** From Kensington resident Cynthia Offenhauer: "Hi KFS! On daily trips from Kensington to Talmadge, I see so much overgrown brush around Aldine, Fairmount, and Montezuma—not only a fire hazard but in some areas, impossible to see entering or exiting traffic. Do you know the schedule for trimming some of this? Can't we trim like Chula Vista is doing?"

**A:** Cynthia – We're sure you're not alone in wondering about this. There's likely both public and private property in these areas, although I suspect most of the area is public.

PUBLIC PROPERTY

We checked with the San Diego Fire Department in November and were told that crews were currently working in "Area 5" which includes a significant amount of land from Mission Hills to Montezuma, and north to Kearney Mesa. It also covers Aldine, Fairmount and Montezuma canyons.

Laura Ball, the city's Parks and Recreation Open Space Project Officer, clarified for us that most brush management is actually overseen by their department. They focus on thinning and pruning vegetation within 100 feet of a structure. I'm hoping that by the time you read this some of that brush is gone.

There's an online "Brush Management Schedule" which lists currently targeted areas and a projected timeline for completion. [www.sandiego.gov/sites/default/files/brushprioritymaplist.pdf](http://www.sandiego.gov/sites/default/files/brushprioritymaplist.pdf). The phone number for questions on Open Space Brush Management is 619-685-1350.

NO DIY ON CITY PROPERTY

The City of San Diego initially charged

Number of acres located in a Very High Fire Hazard Severity Zone and within 100 feet of a structure*		
Department		Percent
Parks and Recreation	2,039 **	64%
PUD - (Wastewater and Water)	649	20%
Transportation	206***	6%
DREAM (Includes Airports)	190	6%
Environmental Services	58	2%
Police	22	1%
Stormwater	21	1%
Fire-Rescue	10	< 1%
Library	7	< 1%
Economic Development	0.4	< 1%
Grand Total	3,203*	100%

From Performance Audit of the City's Brush Management on City Owned Land, July 2023.

a homeowner \$53,000 for "cost recovery" because he cleared brush in land behind his house that turned out was part of Los Peñasquitos Canyon Preserve. The charge was later re-negotiated. While the homeowner was apparently trying to make their house safer from wildfires, the city maintains – and our research concurs – far less fire-resistant, non-native species take over cleared lands. So, make sure that's your backyard before tackling its overgrowth. (Search on: "San Diego man fined for trimming bushes").

PRIVATE LAND

Some parts of the Fairmount canyon Cynthia mentions are likely private property, like the finger ones between Aldine and Adams. As of this writing, nine of those lots – 2.78 acres – are for sale and zoned for limited residential development.

SD Fire Rescue's "Message Line" (619-533-4388) helps the Fire Prevention Bureau arrange engine and truck company inspections of private property. These occur when there is a complaint or for pending house sales. They also conduct routine brush management inspections in high fire

severity zones – which includes all this area. These door-to-door inspections primarily for canyon rim homes are done every few years. The Kensington area was inspected early in 2023. More information at [www.sandiego.gov/fire/services/fireinspections](http://www.sandiego.gov/fire/services/fireinspections).

Also, the online "Open Boundary Map" shows where assessments are currently in process. [www.sandiego.gov/sites/default/files/boundary\\_map\\_sept\\_2023](http://www.sandiego.gov/sites/default/files/boundary_map_sept_2023).

FIRE SAFETY CHAMPIONS: CHULA VISTA?

Using a FEMA grant, Chula Vista cleared and thinned brush in some of their finger canyons, as explained by Fire Captain Andy Wilson on our local NBC news. Their plan is to develop a dedicated team funded by a sales tax increase approved by voters in 2016. (Search on "Chula Vista trims down the brush in canyons to prevent wildfires." NBC San Diego, 10-26-23)

San Diego already has dedicated Parks and Rec Dept. staff but also engages contractors to help cover most of our open space. However, several agencies are also responsible for some areas (see chart). You can learn more details by searching on the "San Diego Brush Management Audit" which was recently approved by City Council.

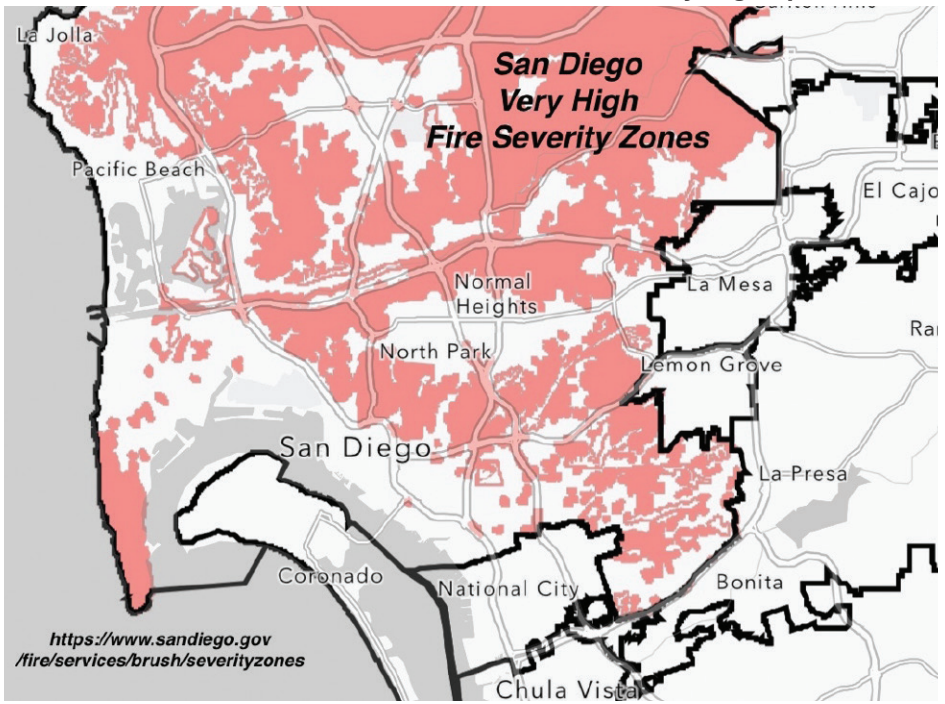
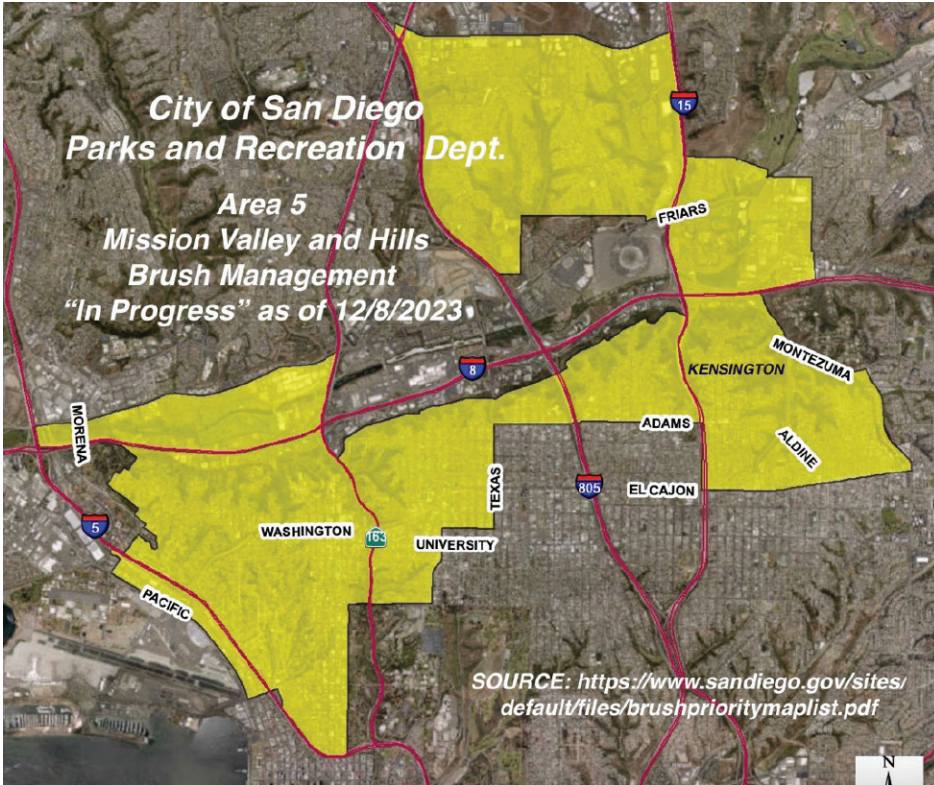
BY THE FIRE SAFE WAY...

**Density-Danger & Insurance:** Update to our last column: KFS and others continue to be concerned with ADU apartment buildings going up in canyon rim communities. After much research, we're convinced that added ADU apartment density is going to further the already high cost and low availability of insurance for homeowners and renters in these ADUs, and the adjacent blocks as well.

We've asked for some changes. Prior to granting higher density permits in these canyon rim areas, state and city officials should consider requiring, #1 some investigation of insurance availability for the new ADU apartment building, #2 pro-active notice to nearby neighbors of the permit application, and #3 the opportunity for local community input. Please make your voices heard if you agree.

**Free Home Assessments:** Fire Safe Council of San Diego County is now accepting applications for their free Home Assessment Program

This includes trained staff looking at your property's vulnerability to wildfire and ember ignition along with resilience recommendations for you to consider. Applications to sign up will be available in January, 2024. More info at: <https://firesafesdcounty.org/hap/>.





# - HISTORICALLY SPEAKING -

## THE MAN BEHIND KENSINGTON HEIGHTS – GEORGE FORBES

BY MAGGIE MCCANN

Developer George T. Forbes arrived at age 33 in San Diego amidst the 1922 real estate boom and hustle and bustle of commerce in the City of San Diego. He had first moved to Santa Monica from his birth home in Wathena, Kansas. Flush with oil money earned from wells on the family land in Montana, Forbes invested in land to build and sell homes over a number of years. Through agent Ed Rossom in 1920, Forbes bought the 110 acres of land under a studio's sprawling movie set in northern Kensington –for \$800, a small price even then for such desirable acreage! He leased the land back to the studio until he moved to San Diego and set up shop. Forbes contracted with Davis-Baker Real Estate of Pasadena and became president of the new sales office.

Forbes subdivided the land in 1922 and sold building lots. He named his new community “Kensington Heights” and distinguished his project from G. Aubrey Davidson's by deed restrictions that forced homes to be designed in Spanish style and approved by Master Architect Richard Requa. He commissioned six model homes and sold them and the lots for \$700 or \$800 each. Although he used his own money to install streets, sidewalks, curbs, gutters, and some landscaping, he passed these costs along to the home buyers through the County of San Diego's Improvement Act Bonds.

Forbes hired Requa & Jackson to prepare the designs for his

model homes, then made changes on those sheets and again during construction. Although involved in these decisions, Forbes never lived in those Depression-era homes. He sold them from his real estate office at the corner of Marlborough and Hilldale. He often sold to speculators, who resold the houses for a slight profit.

Forbes developed three subdivisions that would sustain him with lots to sell and re-sell for the remainder of his life. The Kensington Heights map was recorded on January 4, 1926 and five months later Unit 2 was recorded on May 24, 1926. Forbes commissioned Requa to design many of the homes that would be sold. Forbes created the exclusive Unit 3 along the rim of Mission Valley with underground utilities on September 28, 1926.

In 1931, Forbes commissioned Master Architect Richard S. Requa and the firm of Requa & Jackson to design the Spanish Eclectic, Mediterranean-style house at 5318 Canterbury Drive to be used for a model home between 1931 and 1933. Forbes provided the Requa & Jackson plans to building contractor Pear Pearson, and then directed changes on the construction plans in 1931. Forbes commissioned landscaping and furnished the model home for real estate photographs used in marketing the exclusive Kensington Heights, Unit 3.

Forbes sold this model home to land speculator Mr. and Mrs. E.L. Bowers of Guthrie County, Iowa in 1933, who sold it a few



Kensington Heights development principals, from the left, Harrison Baker and Richard Davis, of Pasadena's Davis-Baker Company, real estate agent and developer, George Forbes, and sales manager Alfred Merrick.

months later to Judge Clarence Harden. Judge Harden and his family were pillars of the San Diego legal system and he has been honored with a plaque at the San Diego Law Library for his important contributions to legal history. Sarah Fitzpatrick Harden was a pioneer woman attorney in San Diego history and contributed to Congressional politics and committee work through the 1940s and 1950s. The Hardens held numerous important social events for important historical figures at their house until he retired in

1975. Interestingly, this house, HRB#569, historically designated as the “Forbes Requa Model house” was sold by the Hardens to another lawyer, who resides there today.

Other Forbes' model homes include the 1928 “House of Color” at 5274 Marlborough Drive; “The Ridgeway House” at 4256 Ridgeway Drive, built in 1929 and designed by Richard Requa; and the 1926 “George H. Prudden House” also designed by Requa at 5159 Marlborough Drive.

Working with other real estate developers, famous architects,

and influential elected officials he met doing community service through the San Diego Board of Realtors, Old Mission Rotary Club, Al Bahr Shrine, and Kensington Community Church. Forbes set high standards for the early history of Kensington when it was still a rural County village. His visionary leadership in creating deed restrictions and working with Requa on the Supervisory Architectural Board ensured development of attractive and artistic Spanish style custom homes for the wealthiest class of citizenry.



Interior of the Forbes Requa Model house, staged with furnishings by Forbes for public showing.



TOP: George Forbes and an unknown man standing in front of the David-Baker Real Estate offices at the corner of Marlborough and Hilldale.

BOTTOM: The Forbes Requa Model house at 5318 Canterbury Drive.



## Mike's Recent Market Activity

### *The Kensington Collection*



#### KENSINGTON! - 4321 Alder Drive

Historically Designated! Mills Act will happen this year. Reduced property taxes by a significant amount! Four bedroom three bath main house with two additional bedrooms and a bath attached to the main house. On nearly one half acre of beautifully landscaped canyon this home has a 900 sf patio for entertaining to the max! Oversized formal living and dining rooms, a beautiful art enhanced loggia, huge master suite and period bathrooms in spectacular condition! A landmark in Kensington!

**Offered at \$2,499,000**



#### KENSINGTON! 4315 Hilldale Road

Three bedroom two bath with detached studio and extra bath! Single story ranch in great condition. Beautiful pool and patio overlooking the QUIET lush canyon! Over 1,900 sf. Excellent location.

**Offered at \$1,849,000**



#### MILLS ACT!

#### KENSINGTON! 5310 Canterbury Drive

One of Kensington's most prominent addresses is now on the market! MILLS ACT is in place! This single level Ranch by Chris Cosgrove, once owned by the Ratner and Fleet families, is on a nearly one acre canyon view parcel complete with pool and tennis court! A detached studio offers many different uses.

**Offered at \$3,990,000**



#### KENSINGTON! 4358 Alder Drive

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 \$2,090,000**



#### KENSINGTON! 5274 Marlborough Drive

Spanish! Mills Act potential! North end Classic Spanish four bedroom two story with a very generous main bedroom with fireplace. Classic design through out with a formal living room and fireplace, formal dining, family room and much much more.

**Offered at \$2,495,000**



#### MISSION HILLS! 1695 Puterbaugh Street

Sweeping views of the city, bay and airport, this classic Spanish is perched on a hill and is in exceptional shape! 3br 2ba with a luxurious outdoor patio to take it all in! Hardwoods throughout.

**Closed at \$1,800,000**  
(represented buyer)

### CHECK OUT YOUR REALTOR! KNOW WHO YOU ARE WORKING WITH!

Did you know that you can easily check out any agent/broker on line with the Department of Real Estate? The DRE will give you license status, how long licensed, who the Broker of Record is (if it is an agent) and most importantly any disciplinary action the Department of Real Estate has taken.

Go to [www.dre.ca.gov](http://www.dre.ca.gov) and then to "Verify a Real Estate License". Type in the name of the person you are searching, hit return and then you will see their "page". There may be multiple people with the same last name... Check for any hyperlinks to any disciplinary action or complaints. Be informed when selling!

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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.

