



Circa 1911

JUNE 2025
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Robert's Spotlight Listing:
1575-85 Cable St
Sunsets in Perpetuity
1 Block to Sunset Cliffs Coastline

Market Shift Favoring Buyers

By Robert Antoniadias

Having completed just under half a year on a Year Over Year basis (Jan 1 – May 31) (2025 vs 2024) the market has decreased **-16%** in terms of the **Number of SOLD Transactions** (48 vs 57).

YTD, (01/01/25 - 05/31/25) the **Average Number** of homes **SOLD per Mth (10)** this year has decreased **-9%** over last year which was **(11)** Homes per Month. The 2025 (01/01-05/31) Monthly Average (10) Homes Sold per month is **-23%** less than the 5-Year Trailing YTD (01/01-05/31) Average per month (13). At this rate annualized for 2025, the Number of homes SOLD will fall back to 2009, The Great Recession, approximating 120 homes or 2023 levels when interest rates doubled faster than they ever have in a matter of 90 days which put the brakes on 2023 Home Sales.

On a **YTD Month over Month** basis, (01/01/25 - 05/31/25) the **YTD Number** of homes **SOLD Per Mth Average (10)** remained flat over (01/01/25 - 04/30/25) which also resulted in a YTD Number of homes SOLD Average of 10 homes per month.

Total YTD Dollars Transacted **\$111,000,000** (Jan 1 through to May 31, 2025) versus \$125,000,000 (Jan 1 through to May 31 2024 represents a **-11%** decrease in Total Dollars transacted. 2025 Total Dollars transacted are **-10%** less than the 5 Year (01/01-05/31) Trailing Average which is \$124,000,000.

The **YTD (01/01/25-05/31/25) Median Sales Price** in Pt Loma is down **-7%** to **\$1,761,000** from \$1,900,000 in 2024 for the equivalent period. Notwithstanding this, it appears the YTD 2025 Median will be drifting **North**, though still below 2024 levels as we work our way into Summer. This is attributable to (i) the current Median of Pending Homes, (not SOLD yet but under contract as at 05/31 approximates \$1,997,000, (ii) the Median of Homes that went off market in the month of May (05/01-05/31) approximates \$1,945,000.

The **YTD 2025** (01/01- 05/31) **Median Sales Price \$1,761,000** of homes SOLD is **+9%** higher than the 5 Year YTD Median Sales Price (01/01-05/31) Trailing Average which is \$1,610,000. On a **Month over Month** basis, (01/01/25-05/31/25) the **YTD First Quarter Median Sales Price \$1,761,000** decreased **-1%** over last month's YTD (01/01/25 - 04/30/25) Median Sales Price which was \$1,776,000.

Pt Loma **YTD** (01/01/25-05/31/25) Single Family Detached Homes **SOLD Median Days on Market** this year is **(16)** Days, represents **-20%** less market time over YTD (01/01/24 - 05/31/24) which was (20) Days on Market. The market is moving **+20%** faster for desirable sought after properties but Supply on a Year over Year basis is rising even faster at **+38%** resulting in less desirable properties sitting much longer with an **Expected Market Time** of **110** days or not selling at all. The **+38%** increase in inventory levels offsets and **Trumps** a market moving **+20%** faster resulting in a **+15%** increase in the Expected Market Time of 110 Days as at 06/01/25 versus 96 Days last year. Contemporaneously, the YTD (01/01/25 -05/31/25) SOLD Median Days on Market for homes **(16)** mirrors the YTD (01/01-05/31) 5-Year SOLD YTD Median Days on Market Trailing Average which is also 16 Days.

On a **YTD Month over Month** basis, (01/01/25 -05/31/25) the **YTD SOLD Median Days on Market (16)** lengthened from last month (01/01/25 - 04/30/25) YTD SOLD Median Days on Market which was (15) Days.

(01/01/25 - 05/31/25) the **YTD Sold / List Ratio** increased **+1%** to **+99%**, from last year (01/01/24 - 05/31/24) when the YTD Sold / List Ratio was 98%. The YTD 2025 (01/01 – 05/30) YTD Sold/List Ratio also increased **+1%** in relationship to the 5-Year Trailing Average (01/01-05/31) YTD SOLD/List Ratio of **98%**.

On a **Month over Month** basis, (01/01/25 -05/31/25) the **YTD SOLD / List Ratio** of **99%** remained flat over (01/01/25 - 04/30/25) which also produced a YTD SOLD / List Ratio of 99%.

The Point Loma (01/01/25-05/31/25) **YTD Median Sales Price Per Sq Ft** decreased **-3%** to **\$941** per Sq Ft from \$968 last year (01/01/24-05/31/24).

The (01/01/25 - 05/31/25) **YTD Median Sales Price \$941** Per Sq Ft has increased **+15%** over the (01/01-05/31) 5- Year YTD Trailing Average Median Sales Price Per Sq Ft which was \$818. On a **YTD Month over Month** basis, the **\$941** YTD (01/01/25-05/31/25) Median Sales Price Per Sq Ft remained flat over (01/01/25 - 04/30/25) which also produced a YTD Median Sales Price Per Sq Ft of \$941 Sq Ft.

The 2025 YTD (01/01-05/31) Median Point Loma Home SOLD:

2025 Median Home Sold:

3 BR 3 BA 2,041 SQFT 1953

January 1st - May 31st (2025 vs. 2024)

-16%	# Homes Sold 48 vs. 57 Homes
-11%	Total \$ Transacted \$111M vs. \$125M
-7%	Median Sales Price \$1,761,000 vs. \$1,900,000
-3%	Median \$/Sq F \$941 vs. \$968
-20%	Median Days/Mkt 16 Days vs. 20 Days
+1%	Sold/List Ratio 99% vs. 98%


Now analyzing what transpired last month only in the Month of May (05/01 - 05/31) reveals the following:


Year over Year, The **Number of SOLD** homes last month May 2025 **(10)** decreased **-17%** over May 2024 when (12) homes were also SOLD. May 2025 Single Family Detached Home Sales **(10)** decreased **-23%** in relationship to the 5-Year Average for the Number of SOLD homes in the Month of May which was (13) homes SOLD.


2025 on a **Month over Month** basis, the **Number of SOLD** homes in May this year **(10)**, decreased **-23%** over the previous month April 2025 when (13) Single Family Detached Homes were Sold.


Total Dollars SOLD this year **In the Month** of May (05/01/25-05/31/25) **\$27,000,000** increased **+8%** compared to the \$25,000,000 that SOLD in the months of May 2024. Even though the number of transactions in May 2025 decreased **-17%** and the Median decreased **-5%**, Total Sales in the month of May were skewed due to a \$10,000,000 sale resulting in the increase in Total Sales for the month. The **\$27,000,000** of SOLD transactions in the month of May this year increased **+8%** over the 5-Year Trailing Avg Total Dollars SOLD in March which was \$25,000,000.

On a **Month over Month** basis, (05/01- 05/31) versus (04/01- 04/30), the Total Dollars SOLD increased **+8%** to \$27,000,000 in May from \$25,000,000 in April.

The **Median Sales Price Sold** in the **Month** of May (05/01/25-05/31/25) at **\$1,718,000** decreased **-5%** from last year (05/01/24 - /05/31/24) which produced a Median Sales Price Value of \$1,800,000 for the equivalent period. The Average **\$2,657,000** Sales Price for the month of May 2025 was heavily skewed  due to a ten-million-dollar sale, which resulted in a **+28%** increase over the Average Sales Price in May 2024 of \$2,083,000.

For the period (05/01/25 - 05/31/25) the **\$1,718,000** Median Sales Price increased **+5%** over (05/01-05/31) 5-Year Median Sales Price Trailing  Average which is \$1,644,000.



The May (05/01/25 - 05/31/25) Median Sales Price **\$1,718,000** essentially remained flat from last month's (04/01/25 -04/30/25) Median Sales Price which was \$1,715,000. The 2025 May Median Sales Price will rise as we work our way into Summer  due to the fact the Median Pending Sales Value as at 06/01/25 is **\$1,997,000** and the Median Value of Pt Loma Homes that came *off market* and went into escrow the last 30 days is **\$1,945,000**.


On a Year over Year basis, the **May Sold / List %** for the period (05/01/25 - 05/31/25) remained flat  at **100%** compared to last year for the equivalent period (05/01/24 - 05/31/24) which was also 100%. The May (05/01/25 - 05/31/25) **SOLD / List % 100%** equaled the 5-YR May (05/01-05/31) SOLD /List % which was 100 %.




On a **Month over Month Basis**, (05/01/25-05/31/25) the **100% Sold / List %** increased **+4%** over last month (04/01/25 - 04/30/25) which was 96%.





The May (05/01/25 - 05/31/25) **Median Sales Price per Sq Ft \$870** decreased **-11%** over the May (05/01/24 - 05/31/24) Median Sales Price per Sq Ft \$981. The May 2025 **\$870** (05/01/25 - 05/31/25) Median Sales Price per Sq Ft increased **+5%** over the 5-YR May (05/01-05/31) Trailing Avg of \$828 per Sq Ft.

The **Month** of May (05/01/25 - 05/31/25) **Median Sales Price Per Sq Ft \$870** decreased **-4%** on a Month over Month basis from last month (04/01/25 - 04/30/25) which was Sq Ft of \$906 Sq Ft.

The **Supply** of Point Loma Homes for Sale as at May 31, 2015 **(44)**, increased **+38%**  over May 31, 2024 which was (32) homes. The May 31, 2025 Supply of Point Loma Homes for Sale **(44)** increased **+76%**  in relation to the May 31, 5 YR Average which sits at (25) homes.

The Inventory of Point Loma Homes for Sale as at May 31, 2025 **(44)** increased **+16%**  over last Month April 30, 2025 which was (38).



The May 31, 2025 steady buildup  of Inventory **(44)** puts us back to May 31, 2019 Pre Pandemic  levels (42) of Point Loma Homes available For Sale when the 30 Year Mortgage was hovering  at or below 4%.

A quick glance in the rear-view  mirror, May 31, 2021 during the depths and troughs of The Pandemic with interest rates at 3.12%, Supply of Point Loma Homes for Sale was a meager 14 units.  With interest rates today at 6.95% **(+223%)**  higher, Supply of Homes for Sale sits at 44 homes, **(+314%)**  higher. For every % point increase in interest rates, Supply has risen **+40%** faster.

Analyzing the **Number** of homes in Pt Loma that Sellers received and accepted an offer that **Went Off Market**, the **(12)** in the Month of May 2025, increased **+20%** from the (10) homes that went Off Market in May 2024.

The **Number** of homes in Pt Loma this year that **Went Off Market (12)** in the month of May (05/01/25-05/31/25), surpassed the 5-Year Avg (10) for homes that Sellers received and accepted an offer that Went Off Market for the same period by **+20%**.

On a **Month over Month** basis, the **Number** of homes that Sellers received and accepted an offer that **Went Off Market** (05/01/25 - 05/31/25) **(12)** increased **+50%** over last month (04/01/25 - 04/30/25) which was (8).











The June 2025 **Expected Market Time** of **(110)** Days, from the time you list your home for sale to the time an offer is accepted, is arrived at by dividing Current Inventory of homes for sale **(44)** by the Sales Velocity  the last 30 Days, (Off Market/Pending Sales the last thirty days) **(12)**. The June 2025 **Expected Market Time** has lengthened **+15%** to **110** Days from Last year at this time when the Expected Market time was 96 Days. The current June 2025 **Expected Market Time** of **110** Days is also **+49%** longer than the 5-Year June Expected Market Time  Trailing Avg which is (74) Days.

On a **Month over Month** basis, the June 2025 **Expected Market Time** of **110** Days, has contracted **-23%** from the previous Month May 2025 which had an associated (143) Days EMT. The 2025 YTD Average EMT is **144** Days.

Less than **60** Days is considered a Hot Seller's Market which is now firmly in the rear-view mirror, years 2020 - 2022.

60 - 90 Days	=	Slight Seller's Market
90 - 120 Days	=	Balanced Market
120 - 150 Days	=	Buyer's Market






120-150 Days is where the Point Loma Home Sales market has transacted in 2025. Buyers have choice and multiple homes for consideration providing them leverage over Sellers which results in Price concessions.

Traditionally, summer  and its associated Demand,  Sales Velocity propels the EMT in a northerly  trajectory due to vacations  and the distractions of summer with the kids back from school.  This year is no exception with additional contributing factors: (i) **+38%** increase in Supply (44) vs (32) year over year, back to the Pre-Pandemic levels of 2019 (42), (ii) Demand off **-16%** year over year, (iii) Continued persistent low affordability due to Interest rates still flirting  in the high **6**'s low **7**'s,  combined with a Pt Loma Median just south of \$1,800,000 coupled  with high rising costs  of ownership, (Insurance, Utilities, Property Taxes, Repairs and Maintenance) are all contributing factors for the sales cycle **lengthening**,  as we work our way through summer.


The 30 Year Fixed Mortgage Rate at 05/31/25 is almost a quarter point lower or **-3%** less at **6.95%** compared to 7.17% last year.

The 10 YR Treasury today is **+3%** higher at **4.41%** vis a vis last year at this time at 4.29%.

The current inflation rate of **2.31%** though lower than (i) last month's 2.39%, (ii) last year 3.36% Year over Year, (iii) the long-term average of 3.28% ; is still higher than Jerome Powell's steadfast goal of curtailing inflation back down to 2%, hence no anticipated near-term Fed policy shifts to reduce interest rates.

Even though Sales have kept falling  for 4 years from the 2020 Pandemic levels, values kept appreciating,  from a Median of \$1,238,000 in 2020, to \$1,823,000 in 2024 due to severely limited Supply.  2025 though is the year of reckoning as BOTH (i) Units SOLD **-16%** and Values **-7%** are declining and will finish the year accordingly. Values will not crash  like they did during The Great Recession because the Supply of Homes For Sale in those years approximated 125 **(2.8x)**, versus 44 today while Demand continues to mirror  2008/2009 levels on average of 10 units Sold per month.

If your life circumstance necessitates a sale, as difficult as a decision it is, do not hesitate; (i) activity, and (ii) values on the decline. The sooner you act, the more you will maximize your net proceeds. Period End.

If you have no necessity to sell, though values are on a single digit decline **-7%**, know that even with a single digit giveback, your Point Loma home has appreciated over **+50%** Pre-Pandemic. Quantitatively your still up double digit with all the immeasurable, unique, qualitative benefits that living on the Point provides,  like **The Big Bay Boom with special thanks to Sandy Purdon.**

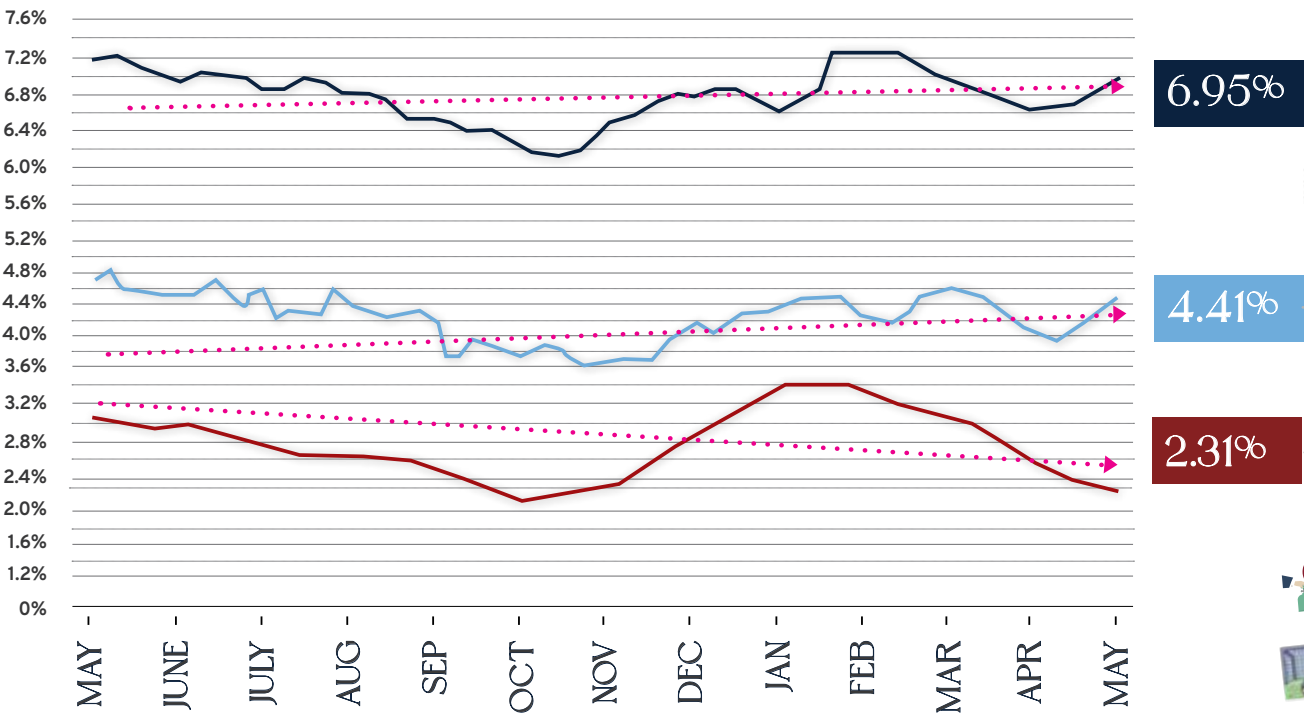
Wishing you & yours a Happy 4th!



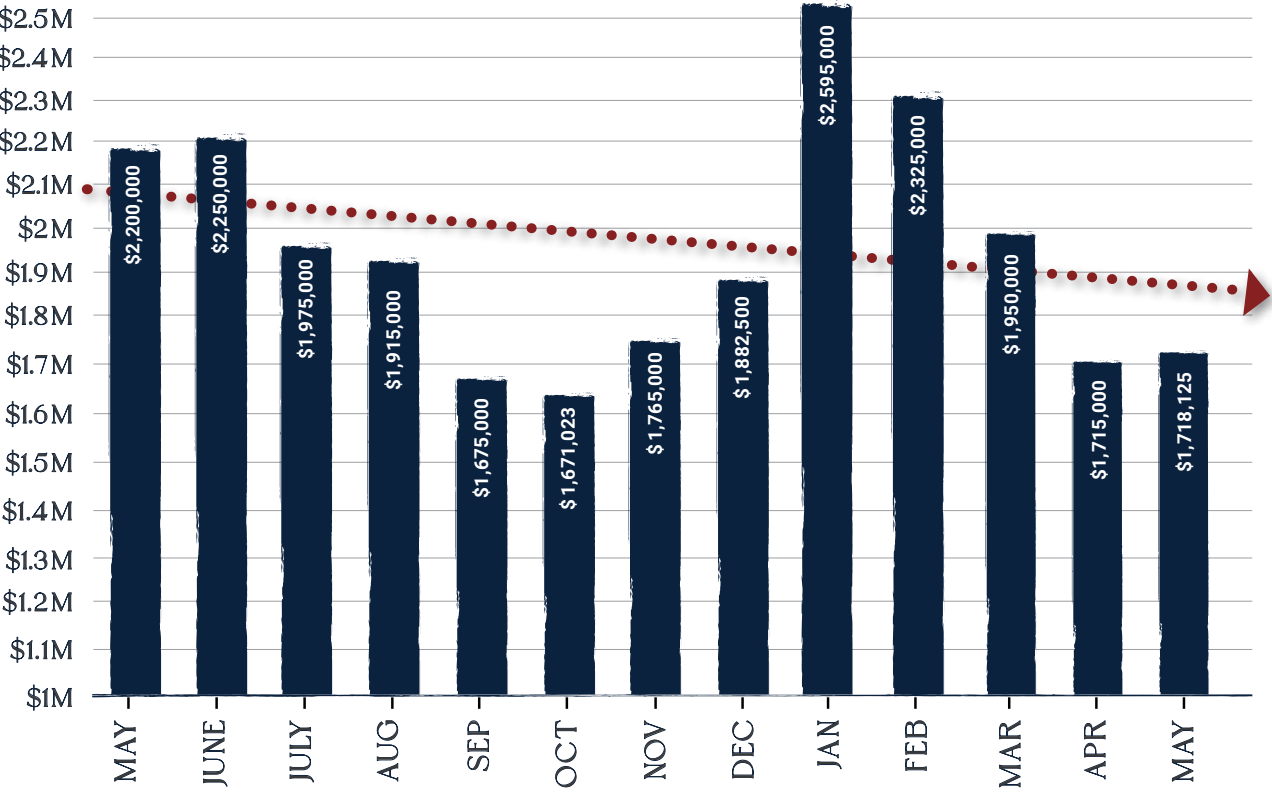
INFLATION
(CPI)

30 YR
MORTGAGE

10 YR
TREASURY

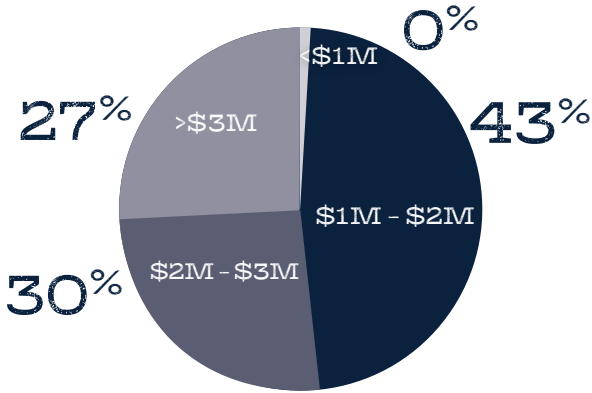


MEDIAN SOLD PRICE



INVENTORY

AS OF 05/31/25



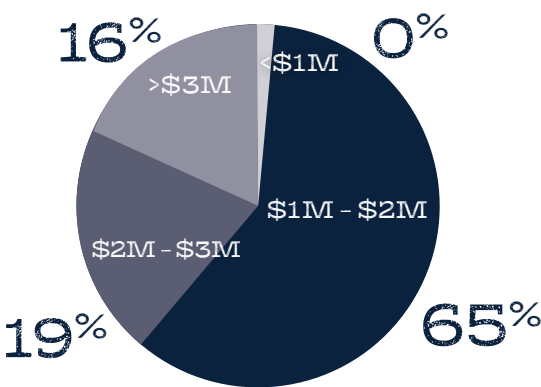
0%	Homes < \$1M	>>	0
43%	Homes between \$1M - \$2M	>>	19
30%	Homes between \$2M - \$3M	>>	13
27%	Homes > \$3M	>>	12

100%

44

SALES

01/01/25 - 05/31/25



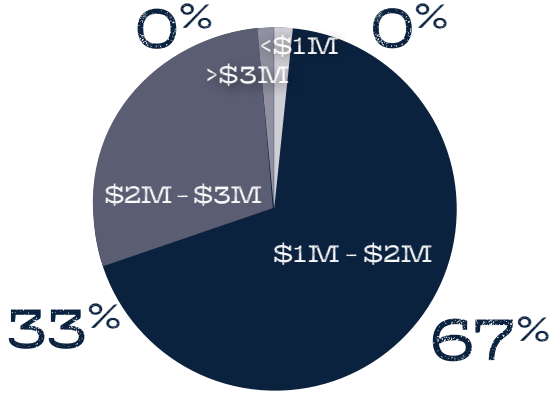
0%	Homes < \$1M	>>	0
65%	Homes between \$1M - \$2M	>>	31
19%	Homes between \$2M - \$3M	>>	9
16%	Homes > \$3M	>>	8

100%

48

OFF MARKET

05/01/25 - 05/31/25

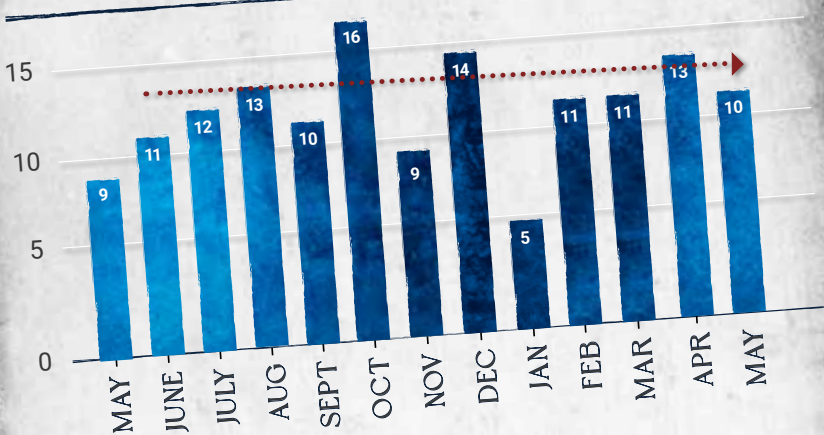


0%	Homes < \$1M	>>	0
67%	Homes between \$1M - \$2M	>>	8
33%	Homes between \$2M - \$3M	>>	4
0%	Homes > \$3M	>>	0

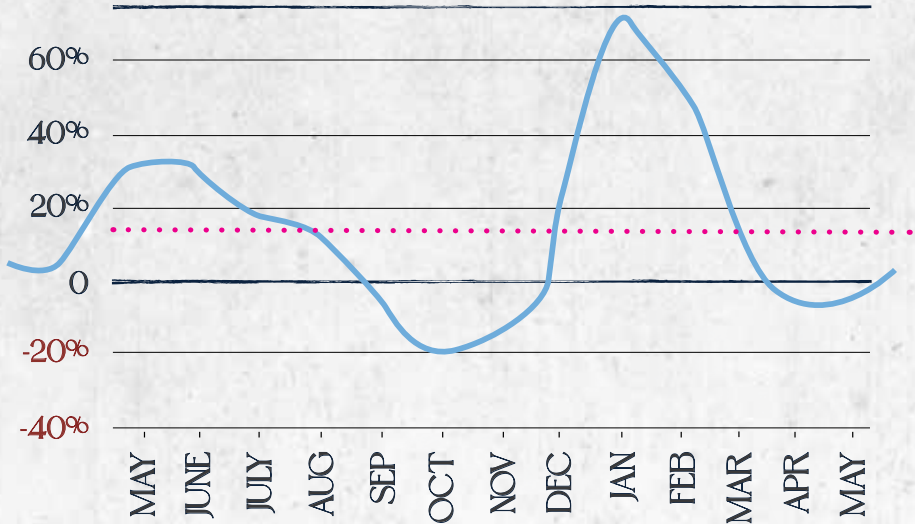
100%

12

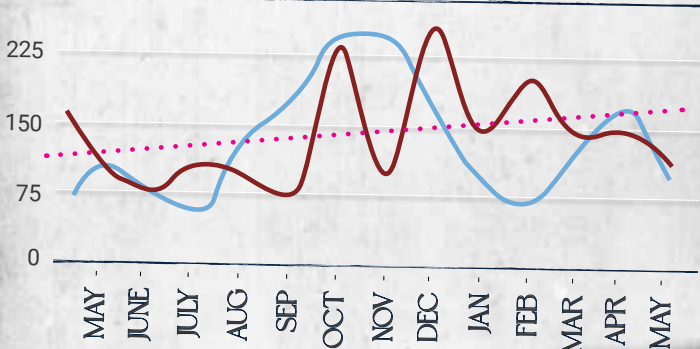
Total Transactions
2024/2025



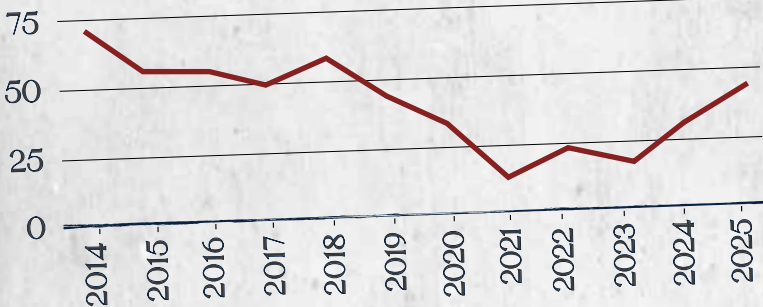
MEDIAN PRICE
YEAR OVER YEAR % CHANGE



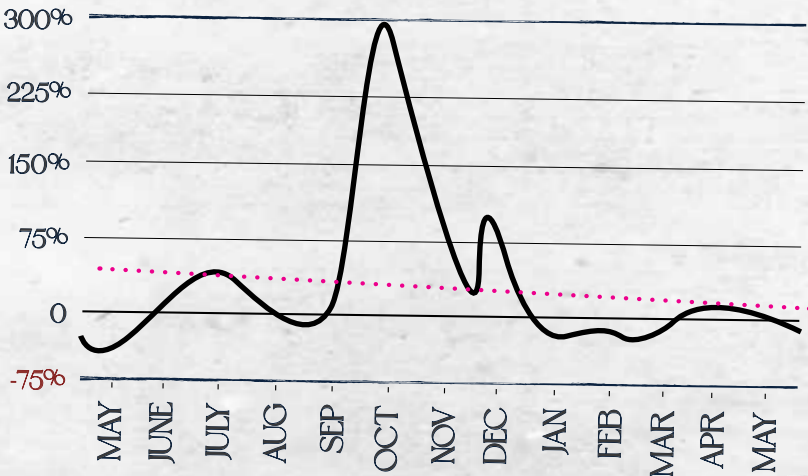
Expected Market Time
2025/24 2024/23 AVG



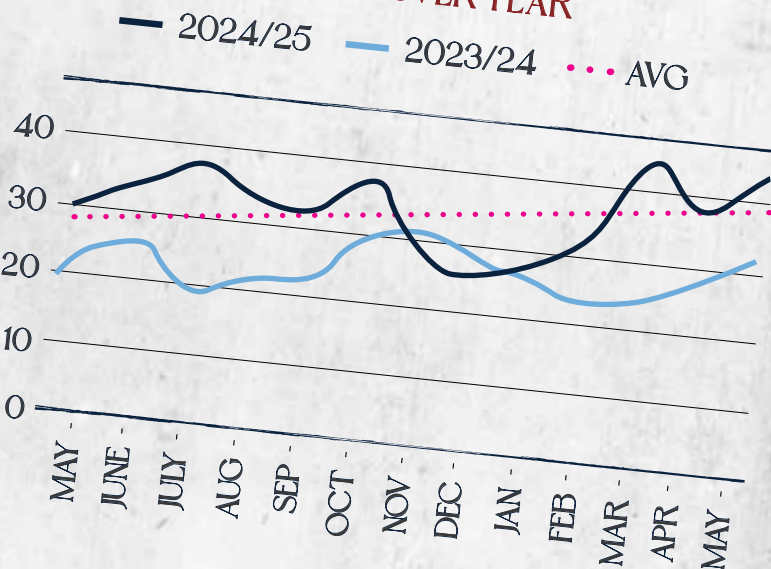
INVENTORY TREND



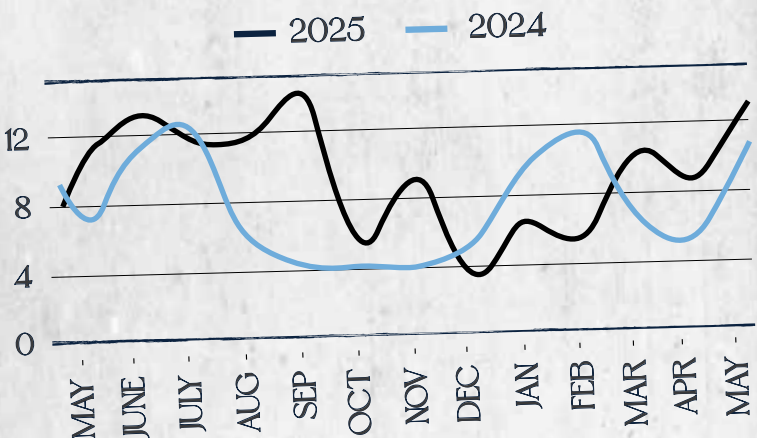
TOTAL TRANSACTIONS
YEAR OVER YEAR % CHANGE



INVENTORY
YEAR OVER YEAR



PENDING SALES
YEAR OVER YEAR





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Point Loma
Local Business*

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FREE BURGER!

Bring this to Harbor Town Pub. First 50 people receive \$20 towards food/drinks. Dine in only. Expires Aug 15th, 2025.



FREE HAIRCUT!

Bring this to Ling's Barbershop. First 30 people receive \$30 towards their hair cut. Expires Aug 15th, 2025.

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Last Issue's Personal Training Winner: Dennis



FREE PERSONAL TRAINING!

8 Personal Training Sessions

8 sessions @ \$125 per Hr (\$1000 Value) with Anne at FIT in Mission Beach. Visit 100DollarGuess.com to enter drawing by Aug 15th.

FIT | 3115 Ocean Front Walk | San Diego, CA 92109



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\$500 Towards Your Order

\$500 FREE to put towards your next order at KC Upholstery. Visit 100DollarGuess.com to enter drawing by Aug 15th.

KC Upholstery | 1071 Shafter St. | San Diego, CA 92109

Last Issue's Upholstery Winner:
Shannon C!



ENTER ALL OF OUR DRAWINGS AT:

100DOLLARGUESS.COM



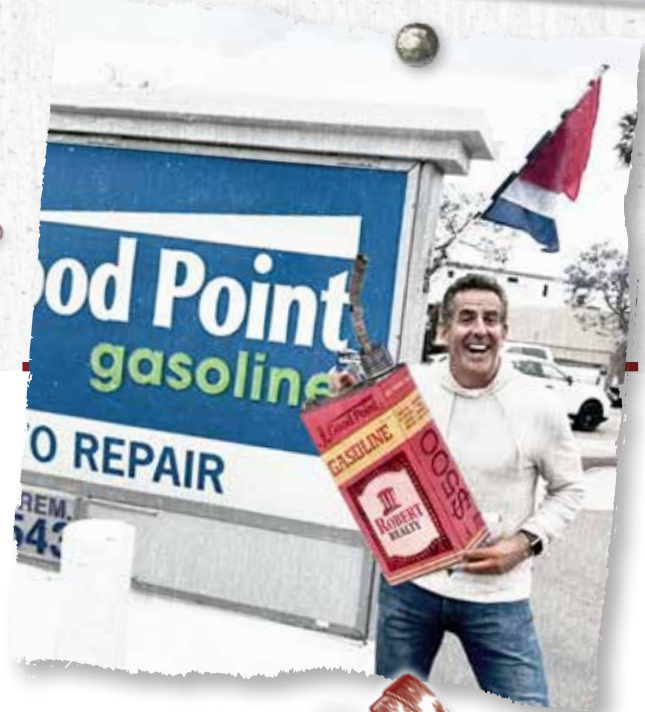
FREE GASOLINE!



Drawing for \$500 Good Point Gas Card.
Visit **100DollarGuess.com** by Aug 15th.

1076 Rosecrans St | San Diego, CA 92106

Last Issue's \$500 Winner Andre L!

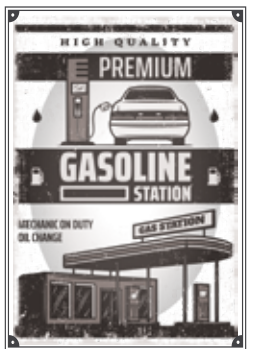


*Live, Love & Support Local.
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Free Door-to-Door
Notary Services.
We'll Come To you!

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I HAVE FOUND ONE THING FOR CERTAIN IN MY 19 YEARS
OF EXPERIENCE ON THIS POINT LOMA PENINSULA:






**THE MORE YOU GIVE
THE MORE YOU GET**

**NUMBER ONE
IN POINT LOMA FOR A REASON**



92106

POINT LOMA MARKET
FIRST 5 MONTHS

	-16%	SINGLE FAMILY HOMES SOLD 48 transactions from 57
	-9%	HIGHEST PRICED HOME \$10,700,000 from \$11,700,000
	+10%	LOWEST PRICED HOME \$1,057,000 from \$965,000
	-7%	MEDIAN HOME VALUE \$1,761,000 from \$1,900,000
	-11%	TOTAL MARKET VOLUME \$111,000,000 from \$125,000,000



Circa 1904

YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION






YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$1M	# \$1M - \$2M	# \$2M - \$3M	# > \$3M	TOTAL \$	
2025	48	\$1,057,000	\$1,761,000	\$10,700,000	0	31	9	8	\$111M	
2024	57	\$965,000	\$1,900,000	\$11,700,000	1	32	16	8	\$125M	
		-16%	+10%	-7%	-9%	--	-3%	-44%	+0%	-11%

POINT LOMA MARKET
FIRST 5 MONTHS

92107



Circa
1920

	-4%	SINGLE FAMILY HOMES SOLD 47 transactions from 49
	-43%	HIGHEST PRICED HOME \$4,210,000 from \$7,400,000
	+7%	LOWEST PRICED HOME \$1,000,000 from \$936,000
	+12%	MEDIAN HOME VALUE \$1,900,000 from \$1,700,000
	-8%	TOTAL MARKET VOLUME \$98,000,000 from \$106,000,000

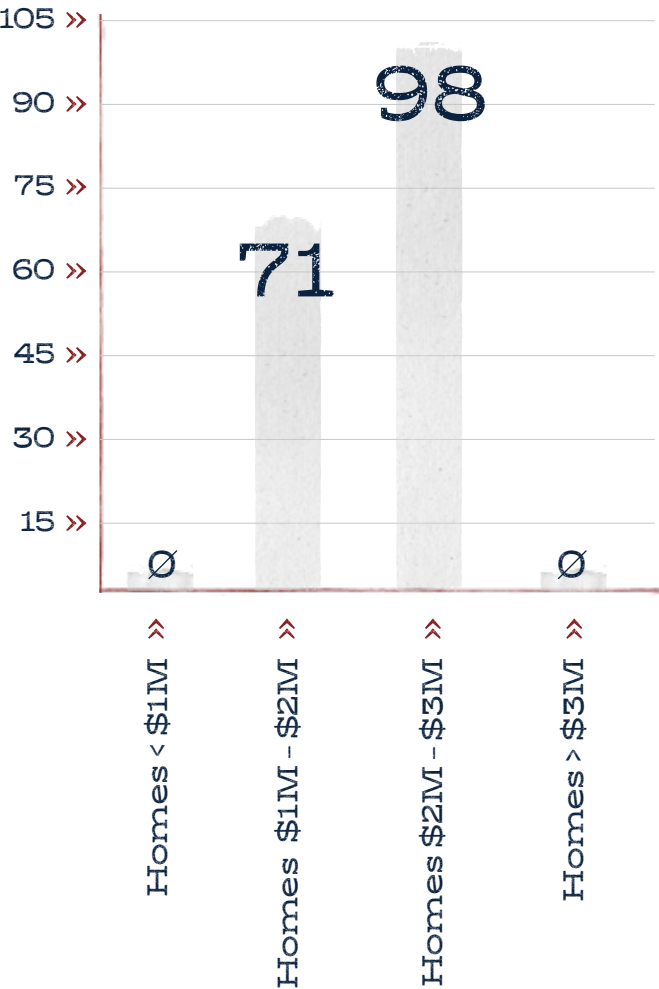
YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$1M	# \$1M - \$2M	# \$2M - \$3M	# > \$3M	TOTAL \$	
2025	47	\$1,000,000	\$1,900,000	\$4,210,000	1	27	14	5	\$98M	
2024	49	\$936,000	\$1,700,000	\$7,400,000	2	31	8	8	\$106M	
		-4%	+7%	+12%	-43%	-50%	-13%	+75%	-38%	-8%

POINT LOMA

EXPECTED
MARKET
TIME

110 DAYS



HOMEOWNERS & WELLNESS

SLEEP QUALITY VS. QUANTITY



Columbia University Irving Medical Center in New York City. “Suboptimal sleep raises the risk for cardiovascular disease, along with risk of cognitive decline, depression, obesity, as well as high blood pressure, blood sugar and cholesterol levels,” she said.

The American Heart Association includes sleep duration in its eight metrics for good heart and brain health. Most adults need seven to nine hours of sleep each night. Studies show that not getting enough increases the risk of atrial fibrillation, or AFib, a type of irregular heartbeat; cardiometabolic syndrome, a group of conditions that raise the risk for Type 2 diabetes, heart disease and stroke; and blood pressure that doesn’t decrease as much as it should during sleep.

Getting too much sleep also has been linked to a higher risk for cardiometabolic syndrome, along with stiffened arteries, stroke or death from heart disease or stroke.

There is less data on sleep timing, which refers to the time a person typically goes to sleep and whether they are sleeping during the day or night. However, some studies suggest going to sleep at midnight or later, compared to earlier, may raise the risk of overweight or obesity, insulin resistance and high blood pressure.

“It’s important to know that every individual has different sleep experiences, and these differences may contribute to other health inequities,” St-Onge said.

AMERICAN HEART ASSOCIATION:

When it comes to healthy sleep, it’s not just how long a person is at rest that matters. Other factors, such as how long it takes to fall asleep, keeping a regular sleep schedule and the overall satisfaction with sleep, can all affect heart and brain health, according to a new science report.

“The report summarizes the latest evidence on the relationship between multiple components of sleep and cardiometabolic health factors, such as body fat, blood sugar, cholesterol and blood pressure, as well as how healthy sleep affects physical health and mental well-being. The scientific statement from the American Heart Association was published in the journal Circulation: Cardiovascular Quality and Outcomes.

There is increasing evidence that sleep health is about more than the number of hours you sleep each night,” Dr. Marie-Pierre St-Onge, chair of the statement’s writing group, said in a news release. She is an associate professor of nutritional medicine in the department of medicine and director of the Center of Excellence for Sleep & Circadian Research, both at

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SIMPLY PUT: ROBERT WILL SELL YOUR HOME
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AGENT	PRODUCTION	SOLD/LIST	DAYS / MKT
Robert	\$53M	101%	18
Avg Agent	\$2M	98%	36



North of
\$30 MILLION
Sold Under The Radar

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REPRESENTED BUYER & SELLER

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3 BR • 2 BA • 1,567 ESF

REPRESENTED BUYER & SELLER

3617 Fenelon
3 BR • 2 BA • 2,312 ESF

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FRIDAY | JULY 4 | 2025 | 9PM

Benefiting:



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Watch Live:
8:00-9:30pm



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Troutman Pepper Law Firm • Wyndham San Diego Bayside Hotel

4th of July Parade - Circa 1911





HERE'S TO CELEBRATING YOU

COUNT NOT THE YEARS, BUT THE LIFE YOU LIVE

6/2	NANCY COWARD	2/3	LILABEN PATEL
6/3	TOM FRIEDBERG	2/4	LAILA KNIGHT
6/5	KYLE EPPELE	2/5	ABRAHAM EDID
6/6	MIKE MCKINNON	2/12	TOM BALDAUF
6/8	PAUL BOLTON	2/12	GRACE SCULLY
6/11	NICHOLAS KATZ	2/13	WAYNE HUYPARD
6/15	CONNIE RALPH	2/14	CHRISTIANNA RICE
6/15	CHRISTOPHER BUSHARD	2/14	ZANE SHANOSKI
6/15	SARITA FLAMING	2/15	JORDAN LUSTI
6/17	LYNN MULLEN	2/15	FELIX MARTIN
6/17	ANTON EWING	2/17	SHARON MCGOLDRICH
6/19	CURTIS CLEMENT	2/18	ANNE BOLTON
6/19	AMANDA ABRAMS	2/18	JOSH GRUENBERG
6/21	MICHAEL SCULLY	2/19	TIM FERMANIAN
6/23	LYNN LATHROP	2/19	DON SHANAHAN
6/24	HECTOR MONTANO	2/23	SARA HICKMANN
6/25	NATHAN MEDINA	2/24	JON BERGER
6/26	CATHY PERGLE	2/25	STAN MILLER
6/30	MARGOSIA GROVE	2/25	TOM PLEIN
6/30	THERESA MARTIN	2/29	
6/30	TOM DILLON		



Ingredients:

- 3 red bell peppers, stemmed, seeded, & cut into ½" wide strips
- 1 large red onion, cut into ½" thick rounds
- 3 garlic cloves, sliced thin
- 1 tbsp vegetable oil
- Salt & pepper
- 1 ½ tbsp chili powder
- 1 tsp packed brown sugar
- 1 ½-pound flank steaks, trimmed
- 8 (6") flour tortilla
- 1 tbsp lime juice
- 2 tbsp chopped fresh cilantro

Directions:

1. Adjust oven rack to lower-middle position and heat oven to 475°. Toss bell peppers, onion, garlic, oil, 1 teaspoon salt, and 1 teaspoon pepper together on a rimmed baking sheet and spread into an even layer. Roast until vegetables are lightly browned around edges, about 10 min.
2. Meanwhile, combine chili powder, sugar, 2 teaspoons salt, and 1 teaspoon pepper in a bowl. Cut steak lengthwise with grain into three equal pieces. Pat steaks dry with paper towels, then sprinkle all over with spice mixture. Wrap tortillas in aluminum foil; set aside.
3. Remove sheet from oven. With rubber spatula, push veggies to half of the sheet. Place steaks on the other half of the sheet, leaving space between steaks. Roast until vegetables are spotty brown and meat registers 135°. (for medium), about 8 minutes.
4. Remove sheet from oven, transfer steaks to cutting board, let rest, uncovered for 5 min. Place tortillas in oven until warm, about 5 min. Transfer veggies to serving platter and toss with lime juice.
5. Slice steaks thin against grain and transfer to platter with veggies. Sprinkle with cilantro. Serve steak & veggies with warm tortillas.

ONE PAN STEAK FAJITAS



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Just One Block to Sunset Cliffs Coastline



6 UNITS



\$2,895,000



Sunsets in perpetuity, 365 days a year. Located in a transit priority area. Flat level usable (50x140) 7,000 sq ft corner lot with alley access. 190' of frontage. Currently (6) Units: (2) 1 BR/1 BA/~528 ESF. (4) 2 BR/1 BA/~ 700 ESF. Total net rental area = 4,688 ESF + community laundry room. 4 tuck-under garage parking spaces. Gross income potential over \$230,000/yr market rent. Market value over \$3M. Incredible long term hold with the convenience of airport, downtown, shopping in minutes without having to get on a freeway, yet effortless access to all major freeways in just minutes.

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HEALTH & WELLNESS

INTERMITTENT FASTING

Is Intermittent Fasting A Helpful Practice or Health Risk?



Mayo Clinic:

Although it may appear to be a new trend, intermittent fasting has been popular for over 1,500 years. While we know that it works for some people to lose weight, the reality is that whether or not it helps organs such as the heart is still to be determined.

Early research presented at a recent scientific meeting suggested that intermittent fasting might be harmful or risky in general. It showed that people practicing intermittent fasting are twice as likely to die from heart disease or die

in general than those who don't practice. The main problem is that intermittent fasting is not standardized. There are many ways to do intermittent fasting.

Over the past few decades, it has been popularized in the UK as "eat whatever you want for five days, then don't eat for two full days other than fluids and soups." People were losing weight, and from that point on, people started adapting to fasting in very different ways. Some people will restrict their time for eating to 10 a.m. to 3 p.m., for example. The most common form

of intermittent fasting I have seen is that people just skip breakfast. Whether breakfast is "the most important meal of the day" is still under debate. Skipping breakfast historically hasn't been something necessarily healthy.

It is not fully understood why, but there are numerous studies showing that people who skip breakfast have an increased risk for heart disease and other ailments. Early morning is the time when people have the most heart attacks. Part of the reason for that is the high adrenaline state that occurs early in the morning. If you match that with no food, no calories at all, that might be the reason why studies show that people practicing intermittent fasting are not necessarily healthier or safer.

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& JUST FOR FUN!

LET'S PLAY SOME GAMES



Sudoku

created by Crosswords Ltd.

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

SCRABBLE

G R A M S

A₁ E₁ O₁ U₁ D₂ F₄ T₁

E₁ O₁ U₁ G₂ L₁ L₁ B₃

A₁ E₁ U₁ L₁ P₃ G₂ L₁

E₁ I₁ O₁ D₂ F₄ F₄ M₃

PAR SCORE 145-155
BEST SCORE 231

FOUR RACK TOTAL
TIME LIMIT: 20 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.

SCRABBLE G R A M S SOLUTION
RACK 1 = 61
RACK 2 = 60
RACK 3 = 12
RACK 4 = 98
TOTAL 231

SCRABBLE G R A M S SOLUTION
RACK 1 = 61
RACK 2 = 60
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SCRABBLE G R A M S SOLUTION
RACK 1 = 61
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RACK 4 = 98
TOTAL 231

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
42					43							44		
45					46							47		
			48	49						50				
51	52	53					54	55	56	57		58		59
61							62					63		64
65					66	67						68		
69					70					71				
72					73					74				

ACROSS

- "I suppose it's true!"
- Cab opening
- Middle ear?
- Beseech
- Treasury Dept. concern
- Off-torn knee pt.
- *Promo for long-range basket shooters?
- Passable grade
- Girl's name that means "small river"
- Hop back in horror
- Teensy bits
- Actor Omar
- *Easy-to-revisit search engine results?
- Title Pixar fish
- Tiller's tool
- Give or take
- Bring on
- Wild garlic
- *Frisly fabric from the Middle East?
- Actress Redgrave
- Eclipse
- "The gloves are off!"
- Some tense periods, briefly
- Gp. that includes the UAE and Gabon
- *Award coveted by directors Anderson and Craven?
- Totally on board
- Star part
- Neatens
- Negative conjunction
- AI exec, perhaps
- Musical with the song "Put On a Happy Face," and a hint to making four answers match their starred clues
- "Not a mouse!"
- Actress Skye
- Follows shampoo bottle instructions
- Booze-free
- Horn sound
- Dusty or Cody of pro wrestling fame

DOWN

- Reading length
- Square
- Secure, in a way
- Billie Joe Armstrong bandmate __ Cool
- Suds
- Float past
- Endangerment
- Reason to boil water
- Stock market name
- Part of Roy G. Biv
- Arizona roadside sights
- Antarctic, for one
- Word after a sneeze
- Fajita-like fare
- Slow moo-ver
- Runs
- Moment of unpleasantness
- Drag org.
- GPS option
- Everything
- Baffin, for one
- Post-ER facility
- Gain
- Mark Kurlansky book subtitled "A Biography of the Fish That Changed the World"
- Vehicle for E.T.
- Ran away (with)
- Mine, in Milan
- Hook's nemesis
- Winning margin
- Tear
- Cheap
- Sign of poor service?
- Covertly added to an email
- Foodie website
- __ quartz
- Memo taker
- Lhasa locale
- Big name in frozen treats
- Cambodian currency
- Valley with many vineyards
- __ the part
- "Star Wars" bad guys
- Teo __ of "Past Lives"
- Pi follower

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Too Much Potential

FOR SALE



\$889,000

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The Heart of Point Loma Village

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3111 Emerson
3 BR • 3 BA • 1,544 SF
\$600 Daily • \$4,000 Weekly
\$15,000 Monthly

FOR RENT



3135 Emerson
3 BR • 3.5 BA • 1,692 SF
\$600 Daily • \$4,000 Weekly
\$15,000 Monthly

FOR RENT



3285 Ocean Front Wk #7
2 BR • 2.5 BA • 1,308 SF
Completely Remodeled
\$7,000 /Mo • 1 Year Lease

FOR RENT



3109 Emerson
2 BR • 2 BA • 1,050 SF
\$350 Daily • \$2,600 Weekly
\$10,000 Monthly

FOR RENT




3136 Keats
1 BR • 1 BA • 509 SF
\$195 Daily • \$1,350 Weekly
\$5,000 Monthly

FOR RENT




3137 Emerson
2 BR • 2.5 BA • 1,186 SF
\$475 Daily • \$3,250 Weekly
\$12,000 Monthly



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