

SEPTEMBER 2025 VOL. XLV (#45)



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Robert's Spotlight Listing:
3380 Trumbull St
152 Ft of Frontage Overlooking
The San Diego Bay

Unemployment Surpasses Job Openings

Having completed eight months, or 2/3 of 2025 on a Year Over Year basis (Jan 1 – August 31) (2025 vs 2024) the market has decreased -6% in terms of the *Number of SOLD Transactions* (89 vs 95).

YTD, (01/01/25 - 08/31/25) the Average Number of homes SOLD per month (11) this year has decreased -8% over last year which was (12) Homes per month. The 2025 (01/01-08/31) Monthly Average (11) Homes Sold per month is -15% less than the 5-Year Trailing YTD (01/01-08/31) Average per month (13). At this rate annualized for 2025, the Number of homes SOLD will approximate 130 units which mirrors 2009, The Great Recession, when 128 homes were SOLD or more recently 2022 levels when interest rates doubled faster than they ever have in a matter of 90 days putting the brakes on 2022 Home Sales which finished the year with 138 SOLD Homes. For some perspective, post the 2009 Great Recession, and pre-2020 Pandemic, approximately 200 Homes would be SOLD in Point Loma. 2025 will be off -35% historical levels of sales pre-pandemic (130 vs 200).

On a **YTD Month over Month** basis, (01/01/25 - 08/31/25) the **YTD Number** of homes **SOLD per month Average (11)** increased +10% over (01/01/25 - 07/31/25) which resulted in a YTD Number of homes SOLD Average of 10 homes per month.

Total YTD Dollars Transacted \$210,000,000 (Jan 1 through to Aug 31, 2025) versus \$211,000,000 (Jan 1 through to Aug 31 2024 represents a -1% decrease in Total Dollars transacted. 2025 Total Dollars transacted are +4% more than the 5 Year (01/01-08/31) Trailing Average which is \$202,000,000.

The YTD (01/01/25 - 08/31/25) Median Sales Price in Point Loma is down -1% to \$1,900,000 from \$1,915,000 in 2024 for the equivalent period. Notwithstanding this, it appears the YTD 2025 Median will be drifting North, as we work our way into Autumn. This is attributable to (i) the current Median of Pending Homes, (not SOLD yet but under contract as at 08/31 approximates \$2,025,000, (ii) the Median of Homes that went off market in the month of August (08/01-08/31) approximates \$2,000,000.

The YTD 2025 (01/01-08/31) Median Sales Price \$1,900,000 of homes SOLD is +16% higher than the 5 Year YTD Median Sales Price Trailing Avg (01/01 - 08/31) which is \$1,632,000.

On a *Month over Month* basis, (01/01/25-08/31/25) the *YTD First Quarter Median Sales Price \$1,900,000* increased +3% over last month's YTD (01/01/25 - 07/31/25) Median Sales Price which was \$1,840,000.

Point Loma YTD (01/01/25 - 08/31/25) Single Family Detached Homes SOLD Median Days on Market this year is (17) Days, represents (-10%) less market time over YTD (01/01/24 - 08/31/24) which was (19) Days on Market. The market is moving +10% faster for desirable sought after properties but Supply on a Year over Year basis is rising even faster at +24% resulting in less desirable properties sitting much longer with an Expected Market Time of 140 days or not selling at all. The +24% increase in inventory levels offsets and Trumps a market moving +10% faster resulting in a +15% increase in the Expected Market Time of 140 Days as at 09/01/25 versus 93 Days last year 09/01/24.

The YTD (01/01/25 -08/31/25) SOLD Median Days on Market for homes (17) is +13% longer than the YTD (01/01-08/31) 5-Year SOLD YTD Median Days on Market Trailing Average which was 15 Days.

On a **YTD Month over Month** basis, (01/01/25 -08/31/25) the **YTD SOLD Median Days on Market (17)** lengthened from last month (01/01/25 - 07/31/25) YTD SOLD Median Days on Market which was (16) Days.

01/01/25 - 08/31/25) the *YTD Sold / List Ratio* remained flat at *98%*, from last year (01/01/24 - 08/31/24) when the YTD Sold / List Ratio was also 98%. The YTD 2025 (01/01 – 08/30) *YTD Sold/List Ratio also decreased* -1% in relationship to The 5-Year Trailing Average (01/01-08/31) YTD SOLD/List Ratio of *99%*

On a *Month over Month* basis, (01/01/25 -08/31/25) the *YTD SOLD / List Ratio* of *98%* decreased -1% over (01/01/25 - 07/31/25) which also produced a YTD SOLD / List Ratio of 99%. The Point Loma (01/01/25 - 08/31/25) *YTD Median Sales Price Per Sq Ft* decreased -3% to *\$928* per Sq Ft from \$957 last year (01/01/24-08/31/24).

The (01/01/25 - 08/31/25) YTD Median Sales Price \$928 Per Sq Ft has increased +12% over the (01/01-08/31) 5- Year YTD Trailing Average Median Sales Price/Sq Ft which was \$828. On a YTD Month over Month basis, the \$928 YTD (01/01/25-08/31/25) Median Sales Price/Sq Ft increased +2% over (01/01/25 - 07/31/25) which resulted in a YTD Median Sales Price/Sq Ft of \$906 Sq Ft.

2025 Median Home Sold:

(♣ 3 BR () 3 BA () 2,294 SQFT () 1955 January 1st - Aug 31st (2025 vs. 2024) # Homes Sold 89 vs. 95 Homes Total \$ Transacted -10/0 \$210M vs. \$211M Median Sales Price \$1,900,000 vs. \$1,915,000 Median \$/Sq \$928 vs. \$957 Median Days/Mkt -10% 17 Days vs. 19 Days Sold/List Ratio +0% 98% vs. 98%

Now analyzing what transpired last month only in the Month of August (08/01-08/31) reveals the following:

Year over Year, The *Number of SOLD* homes last month August 2025 (13) mirrored last year August 2024 when (13) homes were also SOLD. August 2025 Single Family Detached Home Sales (13) decreased -13% in relationship to the 5-Year Average for the Number of SOLD homes in the Month of August which was (15) homes SOLD.

2025 on a *Month over Month* basis, the *Number of SOLD* homes in August this year (*13*), increased +63% over the previous month July 2025 when (8) Single Family Detached Homes were Sold.

Total Dollars SOLD this year In the Month of August (08/01/25 - 08/31/25) \$38,000,000 increased +31% compared to the \$29,000,000 that SOLD in the months of August 2024. Even though the number of transactions in August 2025 mirrored August 2024, Total Sales in the month of August were skewed higher due to (2) \$6M+ sales resulting in the increase in Total Sales for the month. The \$38,000,000 of SOLD transactions in the month of August this year increased +41% over the 5-Year Trailing Avg Total Dollars SOLD in August which was \$27,000,000. Adjusting for the two sales anomalies mentioned above, 2025 August Home Sales would have approximated \$26,000,000 mirroring the 5-Year Trailing Total Dollars Sold in August.

On a *Month over Month* basis, (08/01- 08/31) vs. (07/01- 07/31), the Total Dollars SOLD increased +111% to \$38,000,000 in August from \$18,000,000 in July. Part of the increase was a +63% increase in units Sold (13 vs 8) but the other part was explained earlier (two Sales anomalies).

The *Median Sales Price Sold* in the *Month* of August (08/01/25-08/31/25) at *\$2,625,000* increased +37% from last year (08/01/24 - /08/31/24) which produced a Median Sales Price Value of \$1,915,000 for the equivalent period. The Average *\$2,954,000* Sales Price for the month of August 2025 was heavily skewed due to two anomaly sales stated earlier, which resulted in \$1,33% increase over the Average Sales Price in August 2024 of \$2,227,000.

For the period (08/01/25 - 08/31/25) the **\$2,625,000** Median Sales Price increased **+63%** over (08/01-08/31) 5-Year Median Sales Price Trailing Avg which is \$1,613,000.

The August (08/01/25 - 08/31/25) Median Sales Price \$2,625,000 increased +21% over last month's (07/01/25 -07/31/25) Median Sales Price which was \$2,173,000. The 2025 August Median Sales Price of \$2,625,000 will decline over -20% as we work our way into and through Autumn/Fall due to the fact the Median Pending Sales Value as at 09/01/25 is \$2,025,000 and the Median Value of Point Loma Homes that came off market and went into escrow the last 30 days is \$2,000,000.

On a Year over Year basis, the August *SOLD / List %* for the period (08/01/25 - 08/31/25) compressed -5% to 93% compared to last year for the equivalent period (08/01/24 - 08/31/24) which was 98%. The August (08/01/25 - 08/31/25) *SOLD / List %* of 93% declined -7% from the 5-YR August (08/01-08/31) SOLD / List % which was 100 %.

On a *Month over Month Basis*, (08/01/25-08/31/25) the *93% Sold / List %* decreased -4% over last month (07/01/25 - 07/31/25) which was 97%.

The August (08/01/25 - 08/31/25) *Median Sales Price per Sq Ft \$1,037* increased +21% over the August (08/01/24 - 08/31/24) Median Sales Price per Sq Ft \$854. The August 2025 \$1,037 (08/01/25 - 08/31/25) Median Sales Price per Sq Ft increased +22% over the 5-YR August (08/01-08/31) Trailing Avg of \$852/Sq Ft.

The *Month* of August (08/01/25 - 08/31/25) *Median Sales Price Per Sq Ft \$1,037* increased +23% on a Month over Month basis from last month (07/01/25 - 07/31/25) which was Sq Ft of \$846 Sq Ft.

The *Supply* of Point Loma Homes for Sale as at August 31, 2015 *(42)*, increased +24% over August 31, 2024 which was (34) homes. The August 31, 2025 Supply of Point Loma Homes for Sale *(42)* increased +40% in relation to the August 31, 5 YR Average which sits at (30) homes.

The Inventory of Point Loma Homes for Sale as at August 31, 2025 (42) increased +5% over last Month July 31, 2025 which was (40).

The August 31, 2025 steady buildup of Inventory (42) with a 2025 Average level of Supply of (40) units puts us back to 2019 Pre Pandemic levels of Supply / Homes for Sale that approximated 45 when the 30 Year Mortgage was hovering at or below 4%.

A quick glance in the rear-view mirror, August 31, 2021 during the depths and throughs 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 6.5% (+208%) higher, Supply of Homes for Sale sits at 42 homes, (+300%) higher. For every % point increase in interest rates, Supply has risen +44% faster.

During The Great Recession 2009-2010, the Supply of Homes for Sale in Point Loma was 3X over 120 units. Even with Demand for homes off -35% on a normal yearly basis where approximately 200 Homes are SOLD in Point Loma, Supply is off -65% from The Great Recession levels resulting in values holding with modest single digit 1-5% give backs.

Analyzing the *Number* of homes in Point Loma that Sellers received and accepted an offer that *Went Off Market*, the *(9)* in the Month of August 2025, decreased 18% from the (11) homes that went Off Market in August 2024.

The *Number* of homes in Point Loma this year that *Went Off Market (9)* in the month of August (08/01/25-08/31/25), compressed -25% in relation to the 5-Year Avg of (12) for homes that Sellers received and accepted an offer that Went Off Market for the same period.

On a *Month over Month* basis, the *Number* of homes that Sellers received and accepted an offer that *Went Off Market* (08/01/25 - 08/31/25) *(9)* shrank over last month (07/01/25 - 07/31/25) which was (16).

The September 2025 Expected Market Time of (140) 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 (42) by the Sales Velocity the last 30 Days, (Off Market/Pending Sales the last thirty days) (9). The September 2025 Expected Market Time has lengthened +51% to 140 Days from Last year at this time when the Expected Market time was 93 Days. The current September 2025 Expected Market Time of 140 Days is also +49% longer than the 5-Year September Expected Market Time Trailing Avg which is (94) Days.

On a *Month over Month* basis, the Sept 2025 *Expected Market Time* of *140* Days, has lengthened +87% from the previous Month August 2025 which had an associated (75) Days EMT.

The 2025 YTD Avg EMT is 134 Days as at Sept 1st.

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

<60 Days = Hot Seller's Market
60 - 90 Days = Slight Seller's Market
90 - 120 Days = Balanced Market
120 - 150 Days = Slight Buyer's Market</pre>

This year, **75%** of the time 6/8 months Buyer have had a slight advantage over Sellers. With current rate of absorption, Market times of 4-5 months, Buyers have *choice* and multiple homes for consideration providing them *leverage* over Sellers which results in *Price concessions*. We are talking single digit price concessions, (1% - 5%) on average

Traditionally, Fall/Autumn and its associated slumping Demand / Slower Sales Velocity propels the Expected Market Time in a northerly trajectory due to the kids being back to school and folks settling in for The Holidays. It is not certain that this year will follow suit as interest rates have softened to 6.5% the lowest they have been all year, improving affordability, which has the capacity to prop up Demand that normally begins to wane this time of year.

In conclusion, it is a great time to be a Buyer sa Supply and selection of homes for sale this year 2025 in Point Loma has doubled over the average inventory levels of the last four years.

The Current interest rate of 6.5% is the lowest it has been all vear, a milestone we have not seen since October 2024, which helps with affordability.

Demand and potential Buyers bidding on the same house is off 35% (11mth vs 17mth) from what it normally is, which helps reduce the risk of chasing and losing a home to another Buyer.

Notwithstanding this, Point Loma home values are still selling within a 1-5% range of a correct list price.

Even in this market, certain rare sought after properties (1/10) are still generating multiple offers and or being Sold for over List Price.

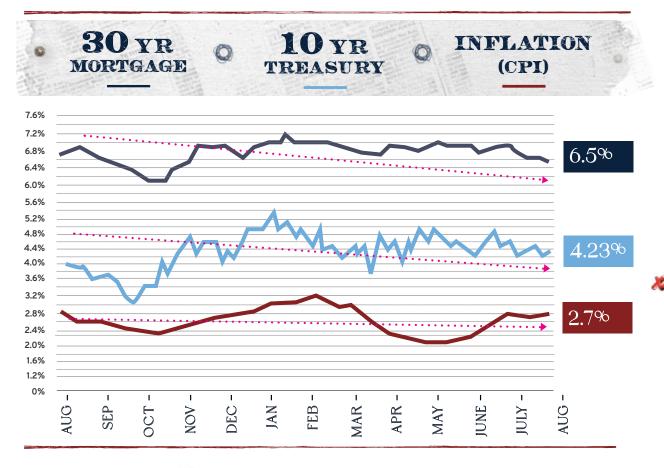
If your life circumstance dictates a sale, take comfort knowing you are still realizing within single digits, all time high value. Furthermore, with current interest rates the lowest they have been all year and its positive feffect on affordability, Sellers this Fall /Autumn seem poised to enjoy a soft run up in Buyer interest and demand.

If you have no necessity to Sell, the quality of life provided by virtue of being encapsulated by the Pacific Ocean to the West, and Bay to the East and the cool ocean breezes they provide resulting in arguably one of the Best climates on the entire planet while enjoying values that have more than doubled since 2005 is comforting as me move into and through Autumn, welcoming The Holidays.

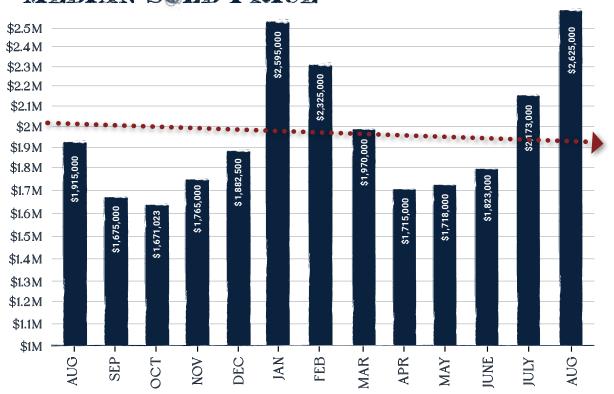


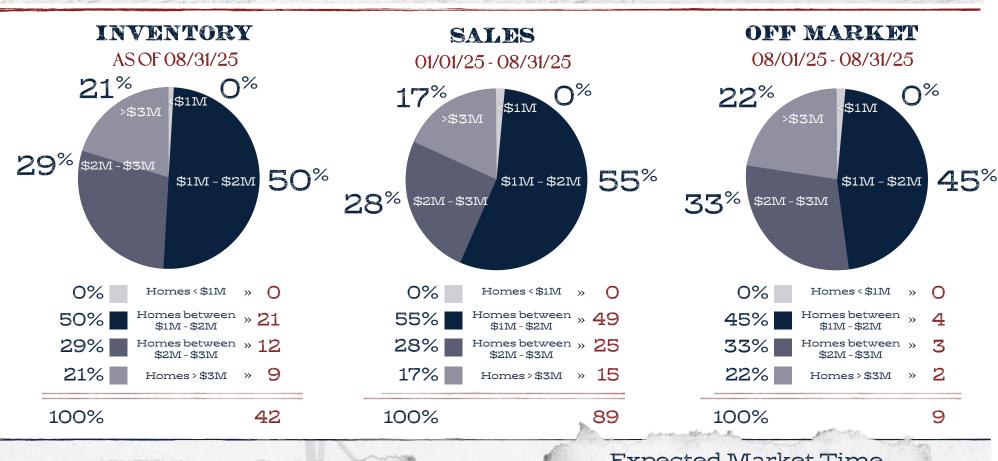


- Robert



MEDIAN SOLD PRICE

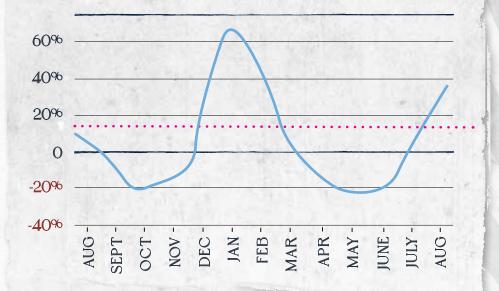






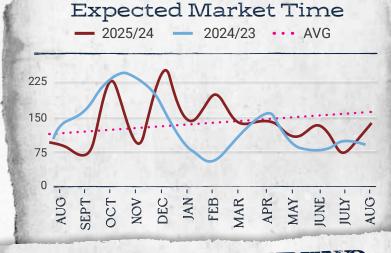
MEDIAN PRICE

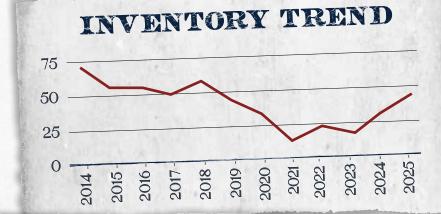
YEAR OVER YEAR % CHANGE





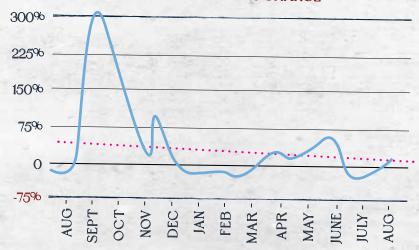






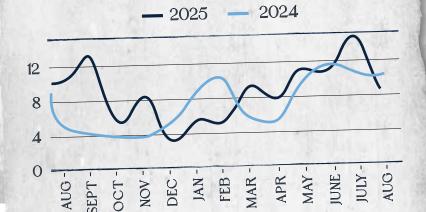


YEAR OVER YEAR % CHANGE



PENDING SALES

YEAR OVER YEAR



POINT LOMA MARKET 8 MONTH YEAR OVER YEAR REVIEW



5	-6%	SINGLE FAMILY HOMES SOLD 89 transactions from 95
8	-9%	HIGHEST PRICED HOME \$10,700,000 from \$11,700,000
	+9%	LOWEST PRICED HOME \$1,055,000 from \$965,000
- 2	-1%	MEDIAN HOME VALUE \$1,900,000 from \$1,915,000
	+O%	TOTAL MARKET VOLUME \$210,000,000 from \$211,000,000



YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	#<\$1M	#\$1M - \$2M	#\$2M - \$3M	#>\$3M	TOTAL \$
2025	89	\$1,055,000	\$1,900,000	\$10,700,000	0	49	25	15	\$210M
2024	95	\$965,000	\$1,915,000	\$11,700,000	1	52	27	15	\$211M
	-6%	+9%	-1%	-9%		-6%	_7%	+0%	+0%

POINT LOMA MARKET 8 MONTH YEAR OVER YEAR REVIEW

92107



	+0%	SINGLE FAMILY HOMES SOLD 76 transactions from 76
- DO	-29%	HIGHEST PRICED HOME \$5,275,000 from \$7,400,000
	+11%	LOWEST PRICED HOME \$825,000 from \$745,000
	+7%	MEDIAN HOME VALUE \$1,800,000 from \$1,688,000
	+1%	TOTAL MARKET VOLUME \$158,000,000 from \$157,000,000

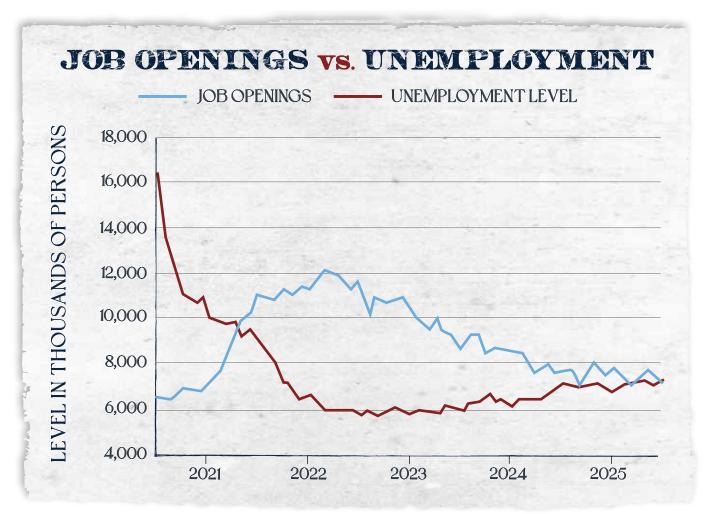
YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	#<\$1M	#\$1M - \$2M	#\$2M - \$3M	#>\$3M	TOTAL \$
2025	76	\$825,000	\$1,800,000	\$5,275,000	2	47	19	8	\$158M
2024	76	\$745,000	\$1,688,000	\$7,400,000	3	49	14	10	\$157M
	7	+11%	+7%	-29%	-33%	-4%	+36%	-20%	+1%

MORE UNEMPLOYED THAN JOB OPENINGS

FIRST TIME SINCE COVID

With *Unemployment* as of July at 7,236,000 vs. 7,181,000 job openings, a shortfall of *55,000* jobs, *Labor* now poses a bigger risk than *Inflation* to the US economy.

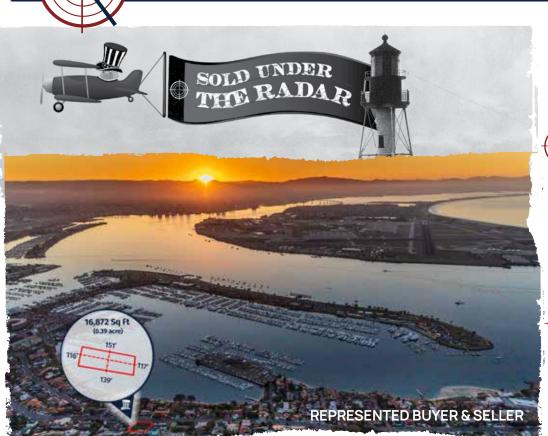


SOURCE: US BUREAU OF LABOR STATISTICS VIA FRED®

The Fed Reserves Dual mandate, (i) maximum employment, (ii) price stability up until now has been heavily skewed curtailing inflation by way of maintaining a lofty *Fed Feds* rate effecting the *10 YR Treasury* and by extension the *30YR Mortgage*. With this new deteriorating labor data bond markets are reacting favorably resulting in the 30 YR Mortgage at it lowest level since Oct 2024.

If the deterioration in labor holds with duration, interest rates will continue to ease, affordability will improve, and Point Loma sales activity will increase. 2025 is poised to be the bottom we work up and off into 2026.

ROBERT'S UNDER THE RADAR APPROACH PRIVATE & DISCRETE - NO SIGNAGE, NO OPEN HOUSES



Sold

REPRESENTED BUYER & SELLER

REPRESENTED BUYER & SE

459 Tavara Pl

4 BR • 5 BA • 4,742 ESF





North of

Sold Under The Radar

3710 Pio Pico 2 BR • 1 BA • 1,204 ESF



3617 Fenelon 3BR•2BA•2,312 ESF

766 Rosecrans • 117'X 139'LA PLAYA LOT

MOONA (ON

ROBERT REPRESENTED **BOTH BUYER & SELLER**

SOLD IN 2025

#	ADDRESS	REP	\$ PER SQ FT (DAYS ON MKT	LIST PRICE	SALES PRICE	SOLD/ LIST %	TOTAL PROD'N
1	1419-21 Cypress	Seller	\$1,070	3	\$895,000	\$920,000	103%	\$920,000
2	1852 Locust St	Seller	\$1,170	28	\$1,295,000	\$1,250,000	97%	\$1,250,000
3	3637 Richmond St	Seller	\$808	4	\$1,495,000	\$1,450,000	97%	\$1,450,000
4	3040 Tennyson St	Seller	\$692	20	\$1,695,000	\$1,675,000	99%	\$1,675,000
5	3728 Curtis St	Seller	\$423	24	\$1,995,000	\$1,900,000	95%	\$1,900,000
6	3706 Jennings St	Buyer						\$2,100,000
7	3115 Edith	Seller	\$763	4	\$2,150,000	\$2,100,000	98%	\$2,100,000
8	1300 W Walnut	Seller	\$580	6	\$1,995,000	\$2,450,000	123%	\$2,450,000
9	675 Silvergate	Buyer						\$2,595,000
10	1575-85 Cable St	Seller	\$555	22	\$2,635,000	\$2,600,000	99%	\$2,600,000
11	812 San Antonio Pl	Dual 🝶	\$1,171	41	\$3,500,000	\$3,100,000	89%	\$6,200,000

AVERAGES/TOTAL

\$804

17

\$1,961,667

\$1,938,333 100%

\$25,240,000

SIMPLY PUT: ROBERT WILL SELL YOUR HOME

FASTER AND FOR MORE MONEY

AGENT	PRODUCTION	SOLD/LIST	DAYS/MKT
Robert	\$25M	100%	17
Avg Agent	\$2M	98%	36







WHEN IT COMES TO FOOD: PROCESSED OR ULTRA-PROCESSED?

BARBARA INTERMILL - Ultra-processed foods (UPFs) are often devoid of essential nutrients, which can be a problem if they make up the bulk of one's diet. A recent government report says "a growing body of research associates ultra-processed foods with negative health outcomes, including in children."

Today, everything from bread and cut vegetables to canned tuna and peanut butter are considered processed foods. Some processed food can be safer and even more nutritious than their natural counterpart. Canned tomatoes, for example, are a better source of lycopene — a strong antioxidant that may help lower the risk for prostate cancer in men — than fresh tomatoes.

Let's look at examples from several sources:

- Corn kernels cut off the cob, cooked and frozen: Minimally processed
- Canned corn: Processed
- Corn chips: Ultra-processed
- Canned tomatoes: Minimally processed
- Tomato sauce or paste: **Processed**
- Ketchup: Ultra-processed
- Whole grains such as wheat or oats: Minimally processed
- Whole grain flour, bread, tortillas, fresh or dried pasta: Processed
- Refined flour, instant noodles, pastries, sweetened breakfast cereals: Ultra-processed
- Fresh milk: **Unprocessed**
- Pasteurized milk: Minimally processed with heat to kill bacteria
- Cheese/plain yogurt: Minimally processed • Sweetened, flavored yogurt: Processed
- Milk chocolate, packaged yogurt snacks:
- Ultra-processed



- Dried fruit and dried nuts and seeds: Minimally processed
- Fruit juice and nut butters: Processed
- Boxed juice drink and peanut butter cookie mix: Ultra-processed
- Fresh meat, poultry, fish: Unprocessed
- Ground meat: Minimally processed
- Hot dogs, sausage and other salted meats, canned fish: Processed
- Laboratory grown meat, chicken nuggets: Ultra-processed
- Fresh olives: **Unprocessed** (Note: Olives must first be cured to remove bitter compounds before they are edible.)
- Cured olives: Minimally processed
- Extra virgin olive oil: Minimally processed

The Birthday Times

BUT NOW IT'S HIGHER!

	*	10/1
Son	tember	10/3
2th	remnet	10/3
20039 Gaine		10/7
9/1	SHARON ZELL	10/8
9/1	TERENCE JOPE	10/9
9/3	SHERRY OSTENSEN	10/9
9/3	VANDA CARDOSA	10/9
9/4	DON SPANINGA	10/10
9/5		10/11
9/6	KAREN HUTCHENS	10/13
	DOUG COWARD	10/14
9/8	JUDY CONNER	10/14
9/8	SCOTT SHOEMAKER	10/14
9/16	WILLIAM CHARLEY	10/18
9/20	CAROL DILLON	10/20
9/25	RICHARD DISHMAN	10/21
9/25	VALERIE SARIF	10/25
9/26	MITCH MICHELLE	10/25
9/27	TYSON DETHLOFF	10/26
9/28	COLLETTE STARK	10/26
9/29	VINCE KASPERICK	10/26

SCOTT GROVE	•
CHRIS CLEMENT	
CALLIOPE ALLEN	
CHRISTINA FIELDS	•
MICHELLE SHOEMAKE	R
JACQUE HUEY	10/27
PAMELA NAFSINGER	10/28
JOSH ZIGMAN	10/28
JILL SMITH	10/29
EVERLY MELOS	10/29
JOHN BRADLEY	10/30
AMY YIM	10/30
BIPINBHAI PATEL	10/31
JAMES HART	TO/OI
RHONDA RYAN	
AKRIVE STATHAKIS	
DEBORAH DE SOIUZA	
BONNIE MACVAUGH	
DANIELLE DA ROSA	
TOM EGGART	
LINDA HUYARD	
DINA HEMMI	

October

PAULINE DISHMAN
ASHLEYMULLEN
LARRY KATZ
CARSON EDGINTON
JANICE CHARLEY
KAREN KNAPP
TODD CAHILL
SARA CRYSTAL

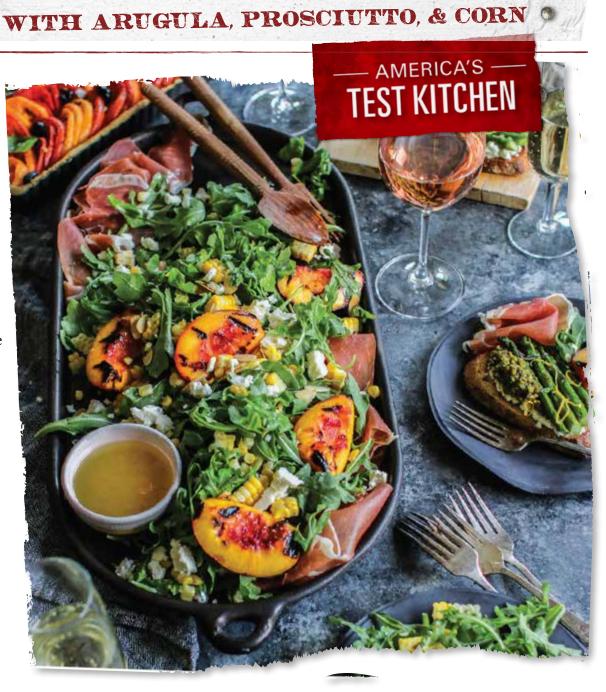
Ingredients:

- 1 tbsp fresh lemon juice
- 1 tbsp finely minced shallot
- 3 tbsp extra-virgin olive oil
- Sea salt & freshly ground black pepper
- 1 large ear of corn, shucked
- 2 large nectarines, ripe but firm
- Extra-virgin olive oil
- 4 large, thin slices prosciutto
- 3 handfuls baby arugula (~3 oz)
- ¼ cup sliced almonds, toasted
- Crumbled feta (optional)

Directions:

- 1. Prepare the dressing: In a small bowl, combine the lemon juice and shallot; let stand for 15 minutes. Whisk in the olive oil, then season to taste with salt and pepper.
- 2. Bring a pot of unsalted water to a boil over high heat. Add the corn, cover, and remove from the heat. Let stand for 5 min. With tongs, transfer the corn to a cutting board. When cool enough to handle, cut the kernels off the cob.
- 3. Prepare a medium charcoal fire or preheat a gas grill to medium. Halve and pit the nectarines. Cut each half in half again. Brush all over with olive oil. Grill on the cut sides until the fruit is lightly charred and slightly softened, about 5 minutes.
- 4. Drape a slice of prosciutto on each of four salad plates (or put all four slices on one platter, if serving family style). In a bowl, combine the arugula and corn kernels and toss with just enough dressing to coat lightly. Divide among the salad plates. Top with the warm nectarine wedges. Sprinkle with sliced almonds and with crumbled feta, if using. Serve immediately.







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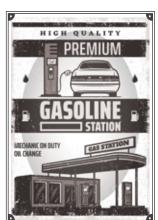
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HEALTH & WELLNESS INTERMITTENT FASTIN

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.

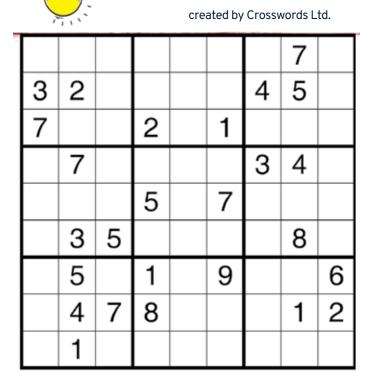
It is not fully understood why, but there are numerous studies showing that people who skip breakfast have an increased risk for heart disease and other ailments. Early morning is the time when people have the most heart attacks. Part of the reason for that is the high adrenaline state that occurs early 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!

Sudoku

LET'S PLAY SOME GAMES



SCRABBLE	G ₂ R ₁ A ₁ N	SCRABBLE brand
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E ₁ U ₁ B ₃ R ₁ R ₁ P ₃	T1 Double Word Score	p europy (de percental de perce
A ₁ E ₁ Y ₄ D ₂ K ₅ N ₁	V4 1st Letter Triple	RACK 3 RACK 3 RACK 3
A ₁ E ₁ O ₁ P ₃ L ₁ V ₄	R ₁	PACK 4
PAR SCORE 155-165 BEST SCORE 221	FOUR RACK TOTA TIME LIMIT: 20 MII	

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,

13 14 15 16 17 18 19 21 22 20 23 24 25 27 26 30 31 28 29 35 37 38 39 40 42 43 44 45 49 46 48 50 52 53 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70

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ACROSS

- 1 The "O" of EGOT Pulitzer winner Jennifer
- 10 Some primates 14 Frighten
- 15 Mouse catcher
- 16 See 4-Down
- 17 Dr. Seuss work featuring an elephant 38 Pea holder who declares, "A person's a person no 43 Chowed down
- matter how small" 20 IM pioneer
- 21 Single
- 22 Maker of EcoTank Supertank printers

- 23 Skeptical reply to an 50 "Should I stop assertion
- Wars" role
- 33 More slippery, as a
- winter sidewalk 36 Spring shape
- 39 Very remote place
- 44 Fashion's Spade 45 Tries to avoid being
- seen
- 46 Tampers (with) 49 Ryan of rom-coms
- pouring? 28 "That ship __ sailed" 55 Dads
- 29 Harrison Ford's "Star 58 Stately tree
 - 59 "Blue Bloods" actor
 - Cariou 61 "My motives have to
 - remain a secret" 66 Math course with
 - many functions, for short
 - 67 Word after "all the" or "just the"
 - 68 Geek Squad clients
 - 69 Long sandwich
 - 70 Say the rosary, e.g.
 - 71 Magazine edition

51 Alabama home of the National Voting

Rights Museum

54 Jawaharlal who was

"The Princess Bride"

the longest-serving

prime minister of

55 White part of an

56 Vineyard measure

63 Corn shucker's unit

52 Bowling venue

53 Cary of

India

orange

57 Au __: nanny

60 Wall St. index

62 Cook's meas.

64 Yes, in French

65 Letters on the

DOWN

- Federal org. that approves protective
- Shaggy's pal, informally
- Celebrity chef Hall With 16-Across, style
- of L.A.'s Griffith Observatory
- __ Speedwagon
- Prefix with
- 'musicology" Color of a correctly placed letter in
- Wordle Small battery size
- "Weekend Edition"
- airer
- 10 Learns to fit in
- 11 Church seats 12 Sound that bounces
- back 13 In a few minutes

- 18 Dozes (off)
- 19 Actor Astin 24 Leave fur on the sofa,
- maybe
- 25 __ Grey tea
- 26 Kvetch
- 27 Saintly glow 30 Opinion column
- 31 Traditional tales
- 32 Poetic tributes
- 33 Muslim leader
- 34 Give credit to
- 35 Carded, briefly
- 36 Sail (through)

- 37 Many times o'er
- 40 Barely gets (by)
- 41 "Glad that's over!"

48 Unbridled desire

49 "Good gravy!"

- 42 __ and mighty 47 "__ Unchained":
 - Tarantino film
- starship Enterprise

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