



MARCH 2026
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Striking Iran Stagflation Headwinds



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Robert's Spotlight Listing:
3380 Trumbull St
Turnkey Roseville Property
Expansive Bay Views

Having completed the First Two Months, on a Year OverYear basis (Jan 1 - Feb 28) (2026 vs 2025) the market has expanded 📈 **+64%** in terms of the **Number of SOLD Transactions** (23 vs 14).

The YTD (Jan Feb) **5-Year Trailing Average** is **19** Homes Sold. **YTD**, (01/01/26 - 02/28/26) the **Average Number** of homes **SOLD per Mth (11.5)** this year has increased **+64%** 📈 over last year which was **(7)** Homes per Month. The 2026 Two Month Avg **(11.5)** Homes Sold per month is **+21%** 📈 more than the **5-Year Jan Feb Trailing Average** per month which is (9.5) Homes per Month.

Having completed **14 SOLD** transactions in the **first** 🍷 months of 2025 (Jan, Feb), 2025 finished the year off with **134** units SOLD, resulting in a multiple of **X 9.6**. The number of homes SOLD last year (134) mirrored 📉 the nadir, back to The Great Recession levels of activity.

The results of the first two months of 2026 annualized with last year's **X 9.6** multiple, the number of homes SOLD this year was well on track to exceed the 5 YR Average of **160** Homes SOLD. The caveat here is the SOLD results of the first two months was **before** (i) 15% 🇺🇸 Tariffs coming soon and (ii) the 🇺🇸 United States striking **Iran** 🇮🇷 on Saturday Feb 28/26 and the volatile effects of a barrel of oil spiking (\$100 from a 2025 average of \$66) impacting Oil, Gas, Diesel, 🚗 Transportation, 🍷 Food, ⚡ Energy, 📈 Inflation, The 10 YR Yield, Confidence, Labor & The Economy. If the **Iran** war drags on, the shocks and its effects will not only drive inflation but also contemporaneously weaken labor, increase jobless claims, increase unemployment resulting in **Stagflation**.

On a **YTD Month over Month** basis, (01/01/26 - 02/28/26) the **YTD Number** of homes **SOLD Per Mth Average (11.5)** increased **+28%** 📈 over (01/01/26 - 01/31/26) which resulted in a YTD Number of homes SOLD Average of **9** homes per month.

Jan Feb 2026 **Total YTD Dollars** Transacted **\$52,000,000** (01/01/26-02/28/26) versus \$34,000,000 (01/01/25-02/28/25) represents a **+53%** 📈 increase in Total Dollars transacted over last year. 2026 **Jan Feb** Total Dollars transacted are **+37%** 📈 more than the 5 Year Jan Feb Trailing Average which is \$38,000,000.

The **YTD Jan Feb 2026 Median Sales Price** in Point Loma has contracted **-8%** 📉 to **\$1,775,000** from \$1,938,000 Jan Feb 2025. It appears the **YTD 2026 Median** will be drifting slightly **South** 📍 as we work our way into Spring. 🌸 This is attributable to (i) the current Median of Pending Homes, (not SOLD yet but under contract) approximates **\$1,760,000**, (ii) the Median of Homes that went off market in the month of February approximates **\$1,713,000**.

The **YTD 2026** (01/01- 02/28) **Median Sales Price \$1,775,000** of homes SOLD is **+5%** 📈 higher than the 5 Year Jan Feb YTD Median Sales Price Trailing Average which is \$1,693,000. On a **YTD Month over Month** basis, (01/01/26-02/28/26) the **YTD Jan Feb Median Sales Price \$1,775,000** decreased **-2%** 📉 over last month's YTD (01/01/26 - 01/31/26) Median Sales Price which was \$1,818,000.

Point Loma **YTD** (01/01/26-02/28/26) Single Family Detached Homes **SOLD Median Days on Market** this year is **(18)** Days, was slightly less at (17) Days last year (01/01/25-02/28/25).

The **-15%** 📉 decrease in inventory levels (**28** vs 33) as at (02/28/26 vs 02/28/25) in conjunction with a market moving **+140%** 📈 faster, 12 Homes Off Market in the last 30 days compared to 5 that went into escrow last year for the same period produced a **-65%** 📉 decrease in the average Expected Market Time of **70** Days as at 03/01/26 versus 198 Days last year. Note, the **EMT** is not evenly distributed across Listing Price points. Point Loma Homes **less than \$2 million** listed correctly are taking **22** Days 🕒 to have an accepted offer while Point Loma Homes over \$3 million are taking **120** Days.

The (Jan Feb) YTD (01/01/26 - 02/28/26) SOLD Median **(18)** Days on Market is **-18%** 📉 less time than the YTD (01/01-02/28) 5-Year SOLD Median Days on Market Trailing Average which is 22 Days.

On a **Jan Feb YTD Month over Month** basis, (01/01/26 - 02/28/26) the **YTD SOLD Median Days on Market (18)** contracted **-5%** 📉 from (01/01/26 - 01/31/26) YTD SOLD Median Days on Market which was (19) Days.

The (01/01/26 - 02/28/26) YTD **Sold / List Ratio** decreased **-2%** 📉 to **96%**, from last year (01/01/25 - 02/28/25) when the YTD Sold / List Ratio was 98%. The (Jan Feb) 2026 (01/01 - 02/28) YTD **Sold/List Ratio** decreased **-1%** 📉 in relationship to The 5-Year Trailing Jan Feb Average (01/01-02/28) YTD SOLD / List Ratio of **97%**.

On a YTD **Month over Month** basis, (01/01/26 - 02/28/26) the **YTD SOLD / List Ratio** of **+96%** decreased **-2%** 📉 from (01/01/26 - 01/31/26) which produced a YTD SOLD / List Ratio of 98%.

The (01/01/26-02/28/26) **YTD Median Sales Price Per Sq Ft** decreased **-2%** 📉 to **\$935** per Sq Ft from \$941 last year (01/01/25-02/28/25).

The (01/01/26 - 02/28/26) **YTD Median Sales Price \$935 Per Sq Ft** has increased **+8%** 📈 over the (01/01-02/28) 5-Year YTD Trailing Average Median Sales Price Per Sq Ft which was \$863. On a **YTD Month over Month** basis, the **\$935** YTD (01/01/26-02/28/26) Median Sales Price Per Sq Ft declined **-6%** 📉 over (01/01/26 - 01/31/26) which produced a YTD Median Sales Price Per Sq Ft of \$995 Sq Ft.

2026 Median Home Sold:

🏠 3 BR 🚿 3 BA 📏 2,143 SQ FT 📅 1952

January 1st - February 28th (2026)

+64%	🧭 # Homes Sold 23 vs. 14 Homes
+53%	🧭 Total \$ Transacted \$52M vs. \$34M
-8%	🧭 Median Sales Price \$1,775,000 vs. \$1,938,000
-2%	🧭 Median \$/Sq Ft \$935 vs. \$941
+6%	🧭 Median Days/Mkt 18 Days vs. 17 Days
-2%	🧭 Sold/List Ratio 96% vs. 98%

Now analyzing what transpired last month only in the Month of February (02/01 - 02/28) reveals the following:

Year over Year, The **Number of SOLD** homes last month Feb 2026 **(15)** increased **+67%** 📈 from Feb 2025 when (9) homes were also SOLD. Feb 2026 Single Family Detached Home Sales **(15)** increased **+36%** 📈 from the 5-Year Average for the Number of SOLD homes in the Month of Feb which was (11) homes SOLD.

2026 on a **Month over Month** basis, the **Number of SOLD** homes in Feb this year **(15)**, increased **+67%** 📈 over the previous month January 2026 when (9) Single Family Detached Homes were Sold. 🏠

Total Dollars SOLD this year **In the Month** of Feb (02/01/26-02/28/26) **\$32,000,000** increased **+52%** 📈 compared to the \$21,000,000 that SOLD in the month of Feb 2025. The **\$32,000,000** of SOLD transactions in the month of Feb this year increased **+60%** 📈 over the 5-Year Trailing Avg Total Dollars SOLD in Feb which was \$20,000,000.

On a **Month over Month** basis, (02/01/26-02/28/26) versus (01/01/26-01/31/26), the **Total Dollars SOLD** increased **+45%** to \$32,000,000 in Feb from \$22,000,000 in January.

The **Median Sales Price Sold** in the **Month** of Feb (02/01/26-02/28/26) at **\$1,743,000** increased **+3%** from last year (02/01/25 - /02/28/25) which produced a Median Sales Price Value of \$1,700,000 for the equivalent period.

For the period (02/01/26 - 02/28/26) the **\$1,743,000** Median Sales Price increased **+7%** over (02/01-02/28) 5-Year Median Sales Price Trailing Avg which is \$1,625,000.

The Feb (02/01/26 - 02/28/26) Median Sales Price **\$1,743,000** decreased **-4%** from last month's (01/01/26 - 01/31/26) Median Sales Price which was \$1,818,000. The March 2026 Median Sales Price will hold steady **+/- 2%** due to the fact the Median **Pending** Sales Value as at 03/01/26 is **\$1,760,000** and the Median Value of Point Loma Homes that came **Off Market** and went into escrow the last 30 days is **\$1,713,000**.

On a Year over Year basis, the Feb **Sold / List %** for the period (02/01/26 - 02/28/26) decreased **-4%** to **95%** from 99% last year for the equivalent period (02/01/25 - 02/28/25). The Feb (02/01/26 - 02/28/26) **SOLD / List %** of **95%** decreased **-4%** over the 5-YR Feb (02/01-02/28) **SOLD /List** ratio which was 99%.

On a **Month over Month Basis**, (02/01/26-02/28/26) the **95% Sold / List %** decreased **-3%** over last month (01/01/26 - 01/31/26) which was 98%.

The Feb (02/01/26 - 02/28/26) **Median Sales Price per Sq Ft \$902** decreased **-19%** over the Feb (02/01/25 - 02/28/25) Median Sales Price per Sq Ft \$1,120. The Feb 2026 **\$902** (02/01/26 - 02/28/26) Median Sales Price per Sq Ft decreased **-4%** over the 5-YR Feb (02/01-02/28) Trailing Avg of \$939 per Sq Ft.

The Feb (02/01/26 - 02/28/26) **Median Sales Price per Sq Ft \$902** decreased **-19%** over the Feb (02/01/25 - 02/28/25) Median Sales Price per Sq Ft \$1,120. The Feb 2026 **\$902** (02/01/26 - 02/28/26) Median Sales Price per Sq Ft decreased **-4%** over the 5-YR Feb (02/01-02/28) Trailing Avg of \$939 per Sq Ft.

The Feb (02/01/26 - 02/28/26) **Median Sales Price Per Sq Ft \$902** decreased **-9%** on a Month over Month basis from last month (01/01/26 - 01/31/26) which was \$995 per Sq Ft.

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 Feb 2026, increased **+140%** from the (5) homes that went Off Market in Feb 2025. The increase in velocity in the first two months this year is due to the fact interest rates have fallen a full percentage point, **-15%** lower than last year (5.99% vs 7.05) as at 02/28/26. enhancing affordability due to the deterioration of the labor market (i) 92,000 jobs lost in Feb, (ii) unemployment rose to 4.4% from 4.3%. The increase in demand was all before the Saturday Feb 28 striking **Iran** began.

The **Number** of homes in Pt Loma this year that **Went Off Market (12)** in the month of Feb (02/01/26-02/28/26), increased **+15%** in comparison to the 5-Year Avg (8) 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** (02/01/26 - 02/28/26) **(12)** increased **+9%** over last month (01/01/26 - 01/31/26) which was (11).

The March 2026 **Expected Market Time** of **(70)** 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 **(28)** by the Sales Velocity the last 30 Days, (Off Market/Pending Sales the last thirty days) **(12)**. The March 2026 **Expected Market Time** has contracted significantly **-65%** to 70 Days from Last year at this time when the Expected Market time was 198 Days. The current March 2026 **Expected**

Market Time of 70 Days is also **-18%** shorter than the 5-Year **March Expected Market Time Trailing Avg** which is (85) Days. If the War in Iran drags on, its negative effects on the **EMT** have the capacity to lengthen materially.

On a **Month over Month** basis, the March 2026 **Expected Market Time** of **70** Days, has lengthened **+11%** from the previous Month February 2026 which had an associated (63) Days EMT.

<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

At **120-150** days, buyers have choice and multiple homes for consideration providing them leverage over Sellers which results in Price concessions.

In conclusion, as we work our way into Spring 2026, the January, February trajectory that seemed to set the stage for a bounce off the 2025 nadir of Point Loma Home Sales may not materialize due to the volatility associated with Iran War and its unknown duration.

The parabolic rise in the price of a barrel of crude oil and its far-reaching impact on transportation, food, gas (50 cent per gallon increase), diesel, energy, the 10 Year Yield, 30 Yr Mrtg, (6.14% vs 5.99) inflation, confidence and the economy cannot be overstated.

With Mid Term election in the Fall, it's hard to imagine it dragging out that long.

We just do not know what we do not know, but we do know, (i) The Supply of Homes for Sale is lower than last year and (ii) Demand is stronger due to lower interest rates helping with affordability.

If your life circumstance dictates a sale, your timing is good.

If you have no necessity to sell, savor, enjoy the beauty, safety and appreciate the world class access to medical facilities and professionals in minutes of Point Loma while providing an indoor-outdoor lifestyle 365 days a year, encapsulated by the Bay to the East, Pacific Ocean to the West, nautical panorama 24/7, with arguably the best weather on the entire planet.

- Robert

EXPECTED MARKET TIME:

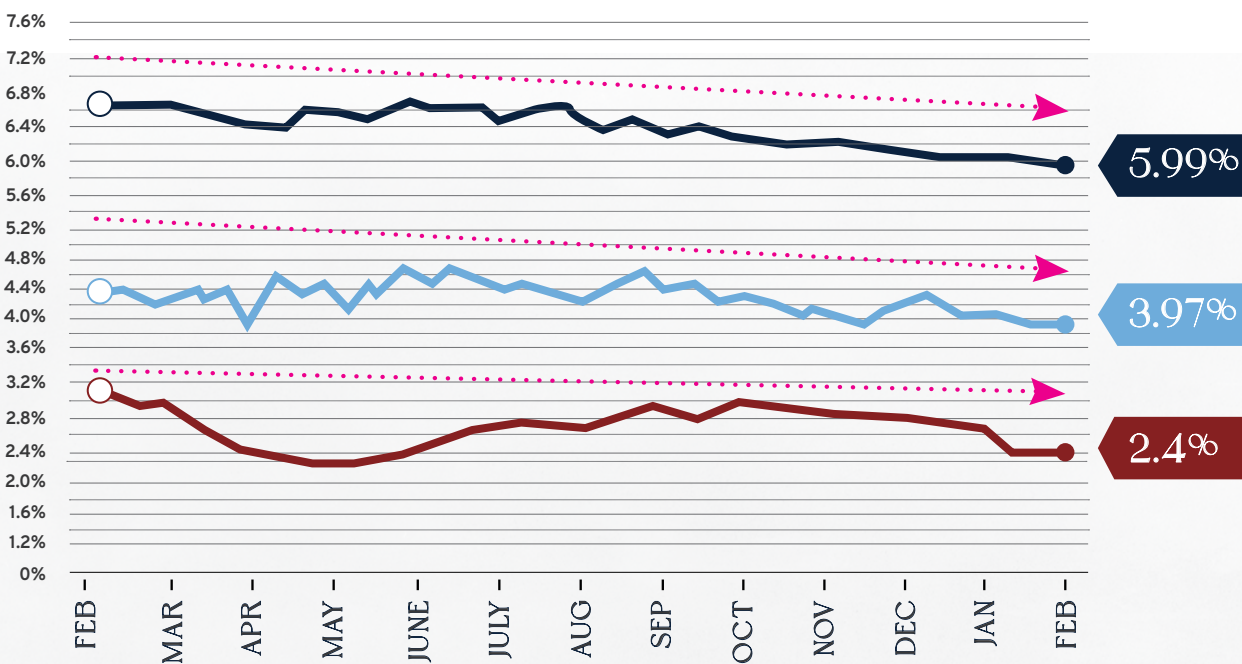
**HOMES <\$2M:
22 DAYS**

**HOMES >\$3M:
120 DAYS**

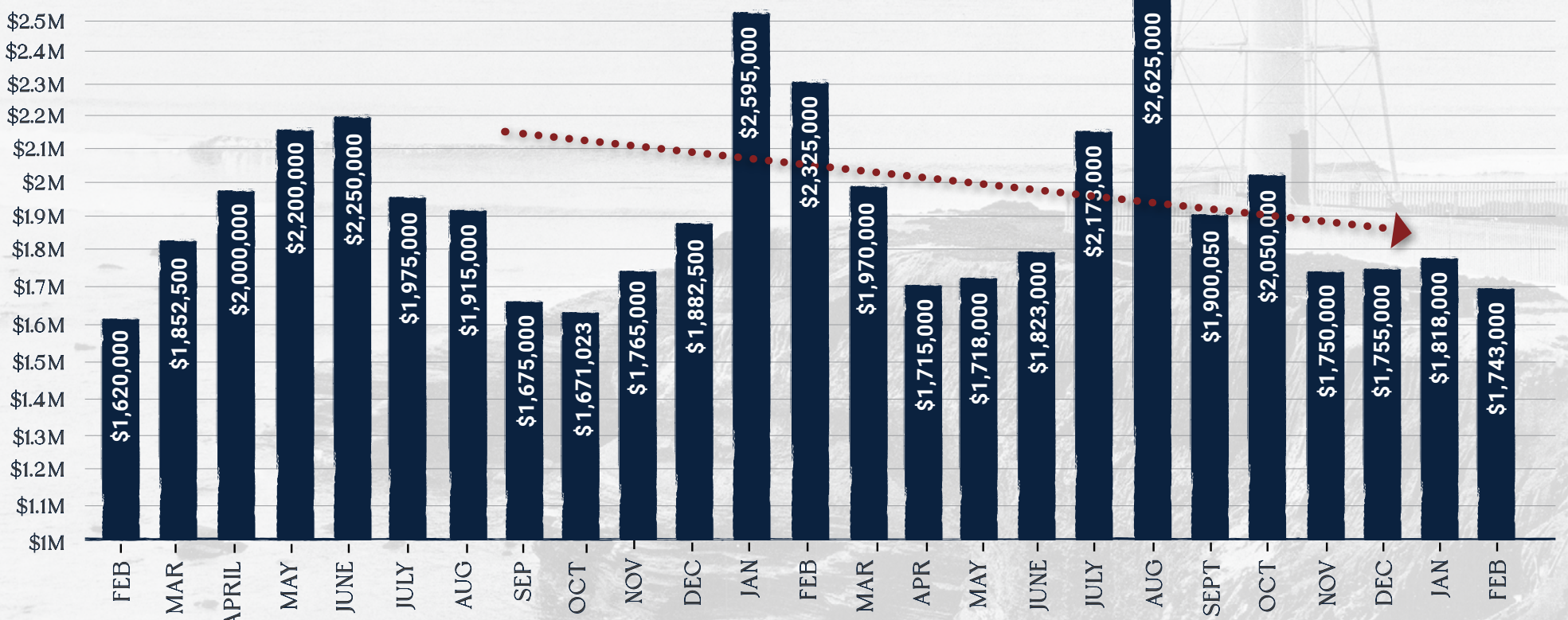
30 YR MORTGAGE

10 YR TREASURY

INFLATION (CPI)

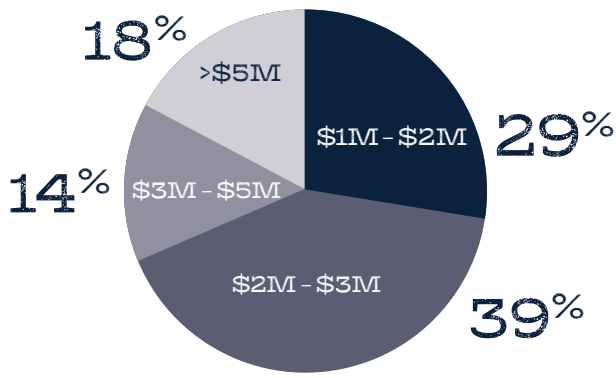


MEDIAN SOLD PRICE | A TWO YEAR GLIMPSE



INVENTORY

AS OF 02/28/26

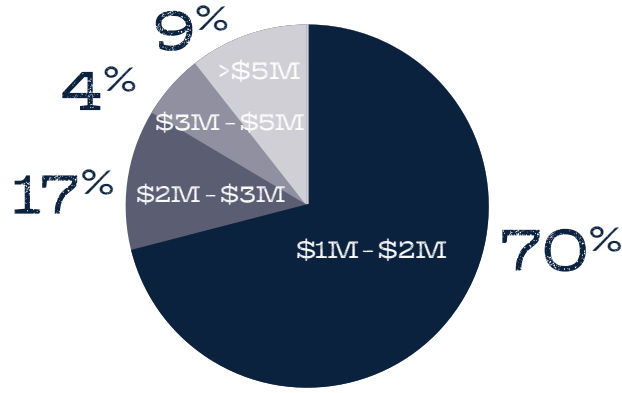


29%	Homes between \$1M - \$2M	»	8
39%	Homes between \$2M - \$3M	»	11
14%	Homes between \$3M - \$5M	»	4
18%	Homes > \$5M	»	5

100% **28**

SALES

02/01/26 - 02/28/26

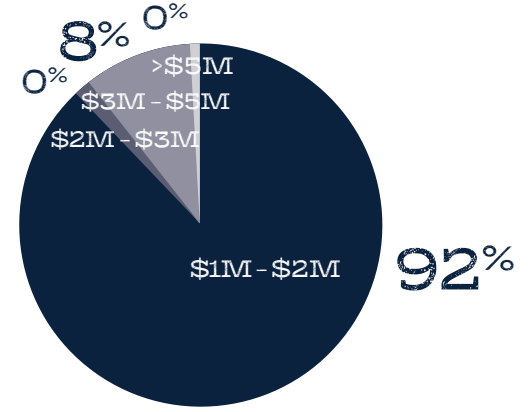


70%	Homes between \$1M - \$2M	»	16
17%	Homes between \$2M - \$3M	»	4
4%	Homes between \$3M - \$5M	»	1
9%	Homes > \$5M	»	2

100% **23**

OFF MARKET

02/01/26 - 02/28/26

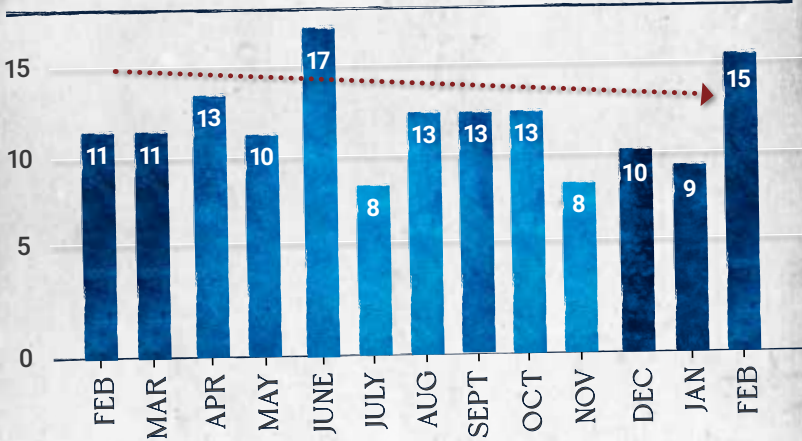


92%	Homes between \$1M - \$2M	»	11
0%	Homes between \$2M - \$3M	»	0
8%	Homes between \$3M - \$5M	»	1
0%	Homes > \$5M	»	0

100% **12**

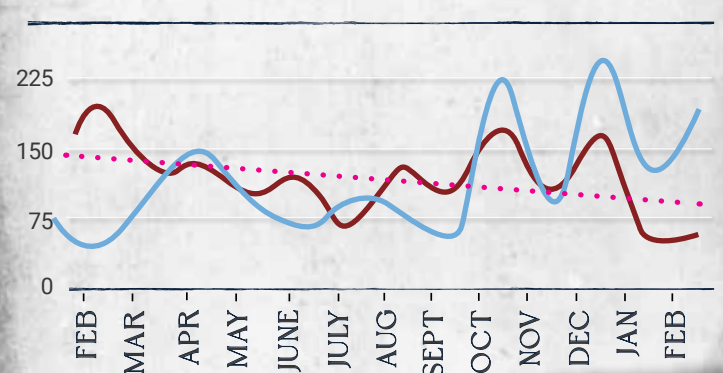
TOTAL TRANSACTIONS

2025/2026



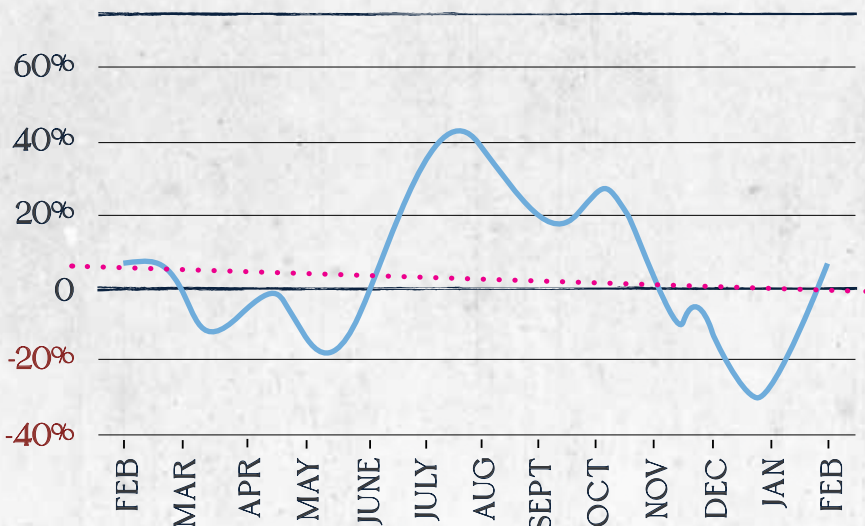
EXPECTED MARKET TIME

— 2026/25 — 2025/24 ... AVG

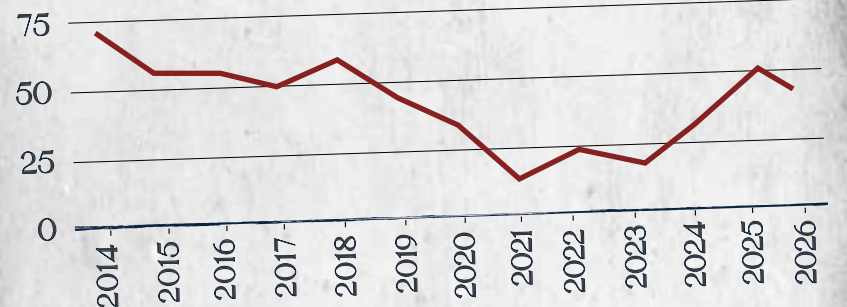


MEDIAN PRICE

YEAR OVER YEAR % CHANGE

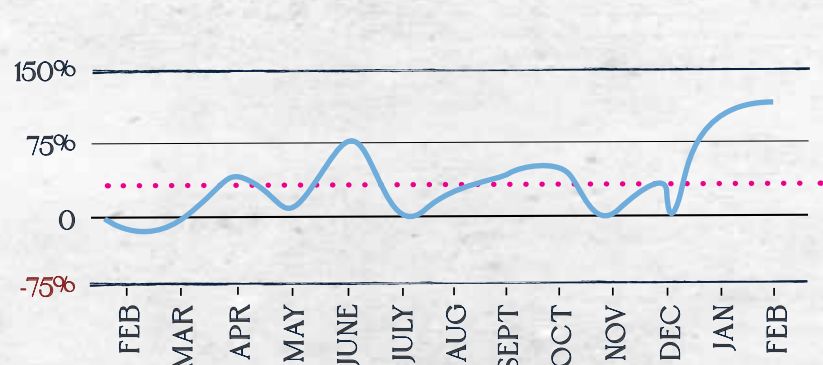


INVENTORY TREND



TOTAL TRANSACTIONS

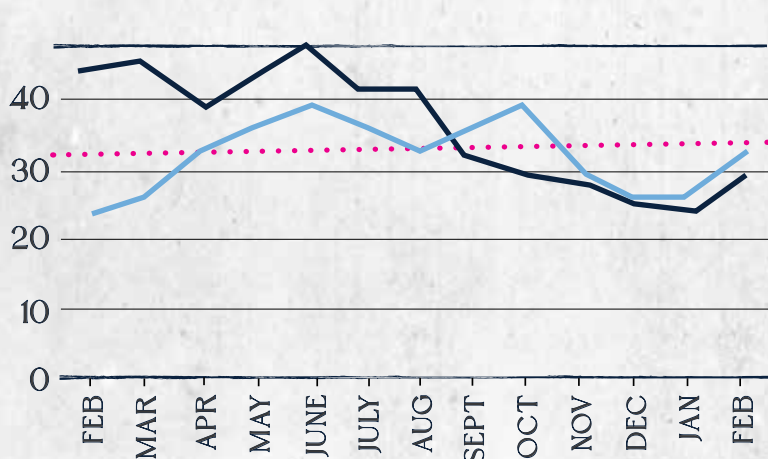
YEAR OVER YEAR % CHANGE



INVENTORY

YEAR OVER YEAR

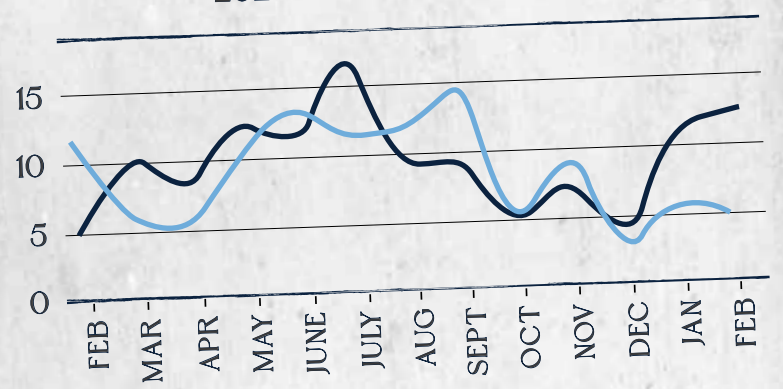
— 2026/25 — 2025/24 ... AVG



PENDING SALES






YEAR OVER YEAR

— 2026/2025 — 2025/2024



92106

POINT LOMA MARKET
02 MONTH YEAR OVER YEAR REVIEW

	+64%	SINGLE FAMILY HOMES SOLD 23 transactions from 14
	-6%	HIGHEST PRICED HOME \$6,350,000 from \$6,750,000
	-8%	LOWEST PRICED HOME \$1,200,000 from \$1,300,000
	-8%	MEDIAN HOME VALUE \$1,775,000 from \$1,938,000
	+53%	TOTAL MARKET VOLUME \$52,000,000 from \$34,000,000








YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$2M	# \$2M - \$3M	# \$3M - \$5M	# > \$5M	TOTAL \$	
2026	23	\$1,200,000	\$1,775,000	\$6,350,000	16	4	1	2	\$52M	
2025	14	\$1,300,000	\$1,938,000	\$6,750,000	7	5	1	1	\$34M	
		+64%	-8%	-8%	-6%	+129%	-20%	--	+100%	+53%

POINT LOMA MARKET
02 MONTH YEAR OVER YEAR REVIEW

92107



	-35%	SINGLE FAMILY HOMES SOLD 13 transactions from 20
	-14%	HIGHEST PRICED HOME \$3,300,000 from \$3,850,000
	+55%	LOWEST PRICED HOME \$1,550,000 from \$1,000,000
	+7%	MEDIAN HOME VALUE \$2,218,000 from \$2,075,000
	-30%	TOTAL MARKET VOLUME \$31,000,000 from \$44,000,000

YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$2M	# \$2M - \$3M	# \$3M - \$5M	# > \$5M	TOTAL \$	
2026	13	\$1,550,000	\$2,218,000	\$3,300,000	4	7	2	0	\$31M	
2025	20	\$1,000,000	\$2,075,000	\$3,850,000	8	10	2	0	\$44M	
		-35%	+55%	+7%	-14%	-50%	-30%	--	--	-30%

FAMILY MATTERS

WHY GENETIC CANCER TESTING IS IMPORTANT



When someone in your family is diagnosed with cancer, it can raise questions. Is it a coincidence, or is there something that runs in the family that makes others more likely to get it too? For Jodi, whose mother was diagnosed with cancer at the age of 51, and whose maternal grandfather was diagnosed with the same disease at 55, those questions were top of mind from a young age. Her family history instilled a fear of the unknown - was she at elevated risk too?

For women like Jodi who have a family history of cancer, the possibility of what genetic testing might reveal can be scary, yet having answers can be empowering. "You know, I had always been very afraid of cancer because of my family history," Jodi shared. "And not just breast cancer. I've also wondered if I'm predisposed to developing other types, too."

According to the latest Cancer Risk Survey by Myriad Genetics, 80% of women report being afraid to get screened for cancer, primarily due to fear of the results. That said, 75% say they would actually find screenings like genetic testing reassuring if they were facing a potential health concern.

GETTING TESTED

When Jodi's healthcare provider, Linda New, PA-C, learned about Jodi's extensive family cancer history, which includes types of cancer that raise red flags, she was surprised Jodi had not been offered hereditary cancer testing before. She immediately let her know that she meets guideline criteria for genetic testing. Linda recommended the MyRisk® Hereditary Cancer Test with RiskScore® to determine if she had an inherited genetic mutation that increased her risk for hereditary cancers.

Though Jodi was nervous about the results, she knew that if she carried an inherited gene mutation, the test would help ease her fear of the unknown, and her results would likely give her the power to act early. She moved forward, for herself and for her daughter. "It was a hard decision, but I did it knowing I've always been afraid of cancer," said Jodi. "I decided to get tested with my daughter Kaila in mind because she could have the same genetic mutation."

A SIMPLE TEST

The MyRisk Hereditary Cancer Test with RiskScore evaluates a patient's risk of developing 11 different types of

hereditary cancer and provides a 5-year and remaining lifetime personalized risk for breast cancer. The testing process is straightforward - a quick blood draw at the clinician's office.

If Jodi was found to be at high risk, she and her healthcare provider would have multiple options available, including changes in medical management, earlier screenings or increased screening frequency. For Jodi, the most difficult part of the process was the waiting, but in just a few weeks, the results confirmed what she suspected. She tested positive for the BRCA2 gene mutation that could increase her risk of developing breast, ovarian and other cancers.

Instead of letting this piece of information weigh her down, Jodi saw a path forward. Linda guided Jodi through a plan for early detection and prevention, which included breast MRIs, pelvic ultrasounds and a referral to a breast specialist - steps that ultimately led her to remove her ovaries and undergo a double mastectomy. These were big decisions, but they gave her a sense of control and the confidence that she was doing everything she could for her health and her future.

INSPIRING OTHERS, SAVING LIVES

Jodi also encouraged her daughter Kaila to take the MyRisk Hereditary Cancer Test with RiskScore. Knowing she had a 50/50 chance of sharing her mother's gene mutation, and with Jodi's encouragement, Kaila decided to get tested, too. The result: She was also positive for the BRCA2 mutation.

Given her risk, Kaila immediately discussed risk-reducing measures with her healthcare provider, which included breast and uterine ultrasounds and potential ovary and breast removal down the line.

"I'm 33 and haven't had kids yet," said Kaila. "I want to, and I want to be able to breastfeed. So, I'm trying to keep everything intact until that happens. But once I've had children, I'll be considering other preventative options."

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ROBERT'S UNDER THE RADAR APPROACH

PRIVATE & DISCRETE - NO SIGNAGE, NO OPEN HOUSES



North of
\$35 MILLION
Sold Under The Radar

766 Rosecrans
117' X 139' LA PLAYA LOT
REPRESENTED BUYER & SELLER



829 Rosecrans
ENDLESS NAUTICAL PANORAMA



REPRESENTED BUYER & SELLER



459 Tavera Pl
4 BR • 5 BA • 4,742 ESF
REPRESENTED BUYER & SELLER



3710 Pio Pico
2 BR • 1 BA • 1,204 ESF
REPRESENTED BUYER & SELLER



1640 Chatsworth Blvd
3 BR • 2 BA • 1,567 ESF
REPRESENTED BUYER & SELLER



3617 Fenelon
3 BR • 2 BA • 2,312 ESF
REPRESENTED BUYER & SELLER

ROBERT'S
'25/'26
HOME SALES

JUST SOUTH OF
\$38 MILLION
SINCE JAN 1, 2025



ROBERT REPRESENTED BOTH BUYER & SELLER



ROBERT SOLD UNDER THE RADAR

#	ADDRESS	REP	\$ PER	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	4756 Glenside Rd	Buyer	--	--	--	--	--	\$998,000
3	3427 Argyle	Seller	\$706	7	\$1,395,000	\$1,395,000	100%	\$1,250,000
4	1852 Locust St	Seller	\$1,170	28	\$1,295,000	\$1,250,000	97%	\$1,250,000
5	3637 Richmond St	Seller	\$808	4	\$1,495,000	\$1,450,000	97%	\$1,450,000
6	3040 Tennyson St	Seller	\$692	20	\$1,695,000	\$1,675,000	99%	\$1,675,000
7	952 Rosecrans	Seller	\$609	20	\$1,750,000	\$1,750,000	100%	\$1,750,000
8	3728 Curtis St	Seller	\$423	24	\$1,995,000	\$1,900,000	95%	\$1,900,000
9	3706 Jennings St	Buyer	--	--	--	--	--	\$2,100,000
10	3115 Edith	Seller	\$763	4	\$2,150,000	\$2,100,000	98%	\$2,100,000
11	1300 W Walnut	Seller	\$580	6	\$1,995,000	\$2,450,000	123%	\$2,450,000
12	675 Silvergate	Buyer	--	--	--	--	--	\$2,595,000
13	1575-85 Cable St	Seller	\$555	22	\$2,635,000	\$2,600,000	99%	\$2,600,000
14	4692 Niagara Ave	Dual	\$1,092	7	\$1,750,000	\$1,600,000	91%	\$3,200,000
	829 ROSECRANS	Dual	\$770	--	--	\$2,750,000	--	\$5,500,000
16	812 San Antonio Pl	Dual	\$1,171	41	\$3,500,000	\$3,100,000	89%	\$6,200,000
AVERAGES/TOTAL			\$868	16	\$1,879,167	\$2,078,333	99%	\$37,938,000

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AGENT	PRODUCTION	SOLD/LIST	DAYS / MKT
Robert	\$37M	99%	16
Avg Agent	\$2M	98%	36

+56%
FASTER

+18x
MORE \$

+1%
MORE \$

4/2	ANNIE CHAMBERS	5/1	AIDA EDGINGTON
4/2	HAL RYAN	5/2	CHAD CLINE
4/5	GEORGE KHOULI	5/3	JASON SHELBY
4/7	BRENDA FLEMING	5/4	SCOTT FLAMING
4/7	SAMANTHA RUSSMAN	5/10	LUTHER LEWIS
4/14	DOMINIC DI LUIGI	5/13	CORA SCULLY
4/15	ANDRE LUSTI	5/15	JACKIE CALLAN
4/15	ABBEY HEMMI	5/16	REBECA EDID
4/16	JOSEPH ROHN	5/18	CHAU PHAM
4/20	SCOTT NUANEZ	5/18	ASHLEY FORRESTER
4/21	MAJA CLINE	5/18	MARK KOONIN
4/23	BRANDEN BOYSEN	5/19	MICHAEL BERNAS
4/25	LEILA CAHILL	5/21	KURT MAGNESON
4/30	STEPHANIE BERGSTROM	5/21	CHARLENE DURHAM
		5/24	SUSAN SPATH
		5/26	JOSEPH ALLEN
		5/28	KEVIN SMITH
		5/28	JESSICA MELOS
		5/29	TERESA MCELANEY
		5/29	FERRELL REED
		5/29	DORFMAN ROBERT
		5/31	BEBE ZIGMAN

Swordfish Marinade:

- 1 cup cilantro leaves
- 2 tbsp minced garlic
- 1 scallion chopped in 1" pieces
- 2 tbsp olive oil
- 2 tbsp mandarin orange juice
- 1 tbsp sherry vinegar
- 1 tsp mandarin orange zest
- 1/2 tsp kosher salt to taste
- Freshly ground black pepper to taste

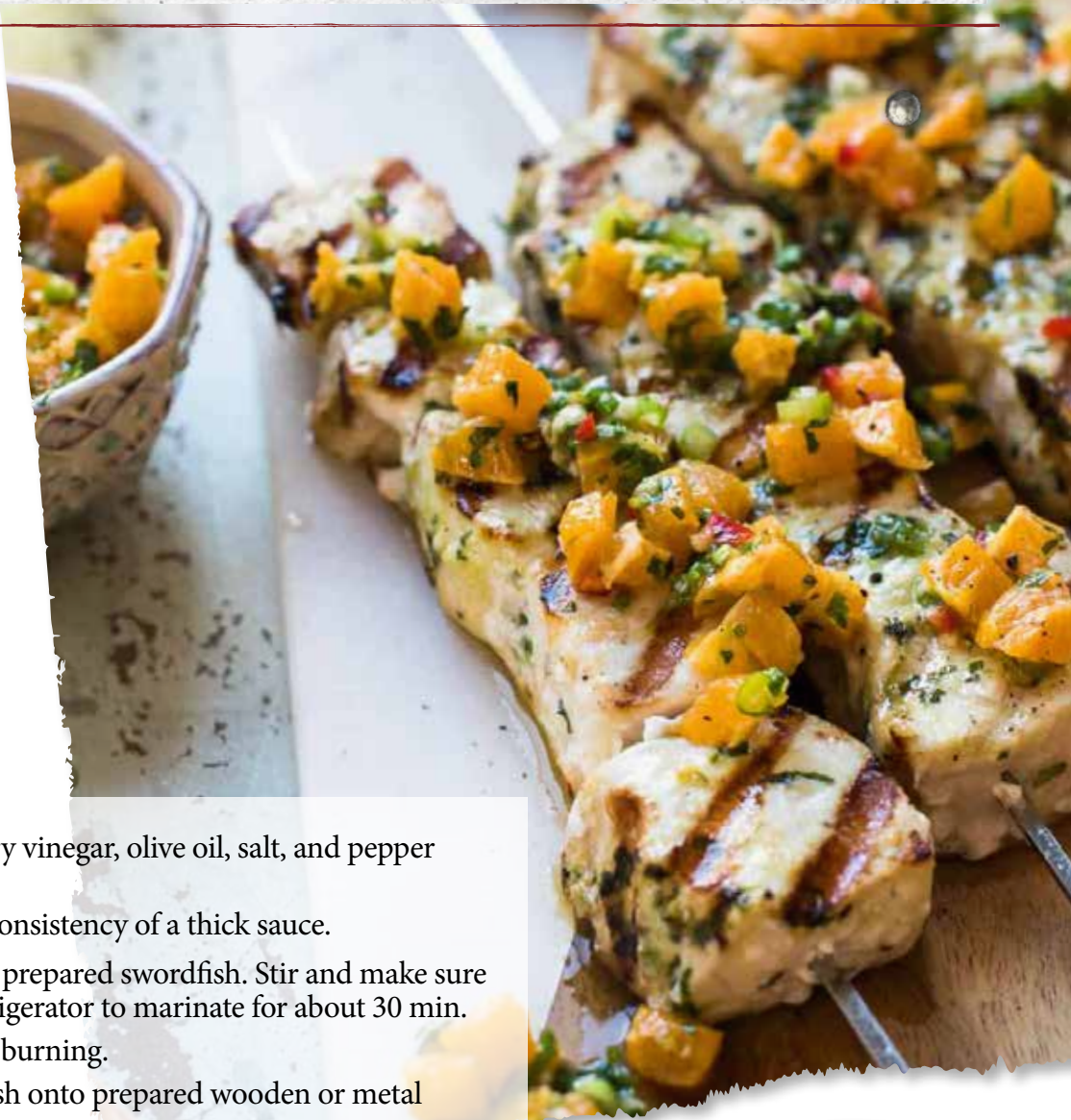
Kebabs & Salsa:

- 1 1/2 lbs swordfish sliced into 1-inch cubes
- 1 cup mandarin oranges (4 mandarin oranges peeled and sliced into 1/3" pieces)
- 1/4 cup scallions finely chopped
- 1 tsp garlic minced
- 1/4 cup Swordfish Marinade (recipe above)
- Fresno chili (optional) finely chopped
- Kosher salt to taste
- Freshly ground black pepper to taste

Directions:

1. Place the cilantro, garlic, scallions, orange zest, orange juice, sherry vinegar, olive oil, salt, and pepper into the bowl of a food processor.
2. Pulse until the marinade ingredients are finely chopped and the consistency of a thick sauce.
3. In a large glass bowl, add 3 tbsp of the Swordfish Marinade to the prepared swordfish. Stir and make sure the swordfish is evenly coated with the marinade. Place in the refrigerator to marinate for about 30 min.
4. If using wooden skewers, soak in water for 30 minutes to prevent burning.
5. When ready to grill, preheat the grill to high. Thread the swordfish onto prepared wooden or metal skewers. Season lightly with salt and pepper.
6. Grill the swordfish kebabs for about 3 minutes per side, or until the swordfish is cooked through. While the swordfish cooks, finish the salsa by combining remaining swordfish marinade with oranges, scallions, garlic, and Fresno chili, if using. Season to taste with salt and pepper. When the swordfish is grilled, remove from grill and serve with salsa. Enjoy!

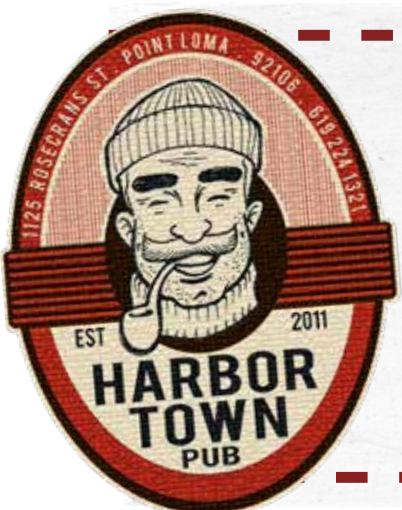
GRILLED SWORDFISH KEBABS WITH CITRUS HERB SALSA





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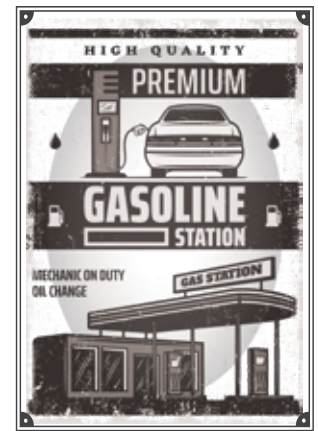
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SUPPORTING LONG TERM HEALTH WITH DAILY HABITS



AISHA PATEL - Public health experts continue to emphasize a reassuring message. Small, consistent habits can make a meaningful difference in long term health. According to guidance and research summarized by the Centers for Disease Control and Prevention, everyday choices related to movement, nutrition, sleep, and stress management play a central role in preventing chronic disease and supporting overall well being. Rather than encouraging drastic lifestyle overhauls, current recommendations focus on practical routines that can fit into daily life for people of all ages and across all regions of the country.

WHY EVERYDAY HABITS MATTER

Many of the most common health conditions in the United States, including heart disease, type 2 diabetes, and high blood pressure, are closely linked to daily behaviors. While genetics and

access to care remain important, research consistently shows that regular physical activity, balanced nutrition, adequate sleep, and stress management help reduce risk over time. Health officials often describe wellness as cumulative. Small choices made regularly, such as taking short walks, preparing simple meals at home, or improving sleep routines, can add up to measurable benefits over months and years.

MOVEMENT BUILDS A FOUNDATION

One of the clearest recommendations from federal health guidance is the importance of regular physical activity. Adults are encouraged to aim for about 150 minutes of moderate movement each week. This can include walking, biking, swimming, or other activities that raise the heart rate. Importantly, movement does not need to be intense or highly structured. Short walks, household chores, stretching, and light strength exercises all count. Consistency is often more important than intensity, especially for those easing back into activity or managing joint or mobility concerns.

SLEEP, STRESS, PREVENTIVE CARE

Sleep and stress management are now widely recognized as essential parts of health. Inadequate sleep is associated with higher risks of chronic illness, weakened immune function, and mental health challenges. Simple steps like consistent bedtimes, limiting screens before sleep, and creating a calm sleep environment can help. Preventive care also remains a cornerstone of long term wellness. Routine checkups and screenings help identify concerns early, when they are often easier to address.

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PUZZLES: SIMPLE FUN

+ REAL BENEFITS FOR YOUR BRAIN



CARMEN REYES - Puzzles may seem like a simple pastime, yet research shows they offer meaningful benefits for brain health. Whether you enjoy jigsaw puzzles, crosswords, Sudoku, or logic games, these activities provide mental exercise that supports memory, focus, and problem solving.

One of the strongest studies on the topic comes from Duke University School of Medicine and Columbia University. According to researchers at Duke, older adults with mild cognitive impairment who completed regular computerized crossword puzzles over a 12 week period showed better memory and everyday functioning than those who played computerized cognitive games that were not puzzle based.

The team also reported that the crossword group experienced slower shrinkage in certain brain regions on MRI, which is a promising sign for long term cognitive health. According to Columbia University's summary of the same study, these improvements continued for more than a year when completed occasional "booster" puzzle sessions.

Jigsaw puzzles offer their own set of benefits. According to a 2018 study published in the journal *Frontiers in Aging Neuroscience*, long time puzzlers tend to show stronger visuospatial reasoning, better attention, and improved working memory. The study notes that jigsaw puzzling engages multiple cognitive systems at once, which may help support long term brain health when practiced consistently.

Experts also highlight that puzzles activate several different skills at the same time. According to a review from Baylor College of Medicine, puzzles encourage attention to detail, pattern recognition, and problem solving, and the process of searching for pieces or clues helps keep memory pathways active. This type of mental engagement strengthens neural connections and supports overall cognitive resilience. Puzzles are also widely accessible. They do not require special equipment, and they can be done individually or as a shared activity with family or friends. According to wellness guidance from Tufts Health Plan,

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& JUST FOR FUN!

LET'S PLAY SOME GAMES



SUDOKU

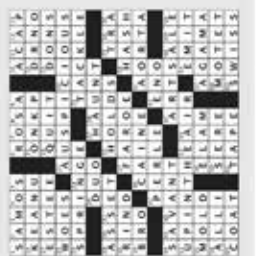
			7	4				1
7								9
		2					3	5
	2		5	1		4		
	1		7	8				6
3	7			9	1			8
2	6				5			
		8						4
		5	1	3	8			

WEATHER WORD SCRAMBLE

- UCDOLS
- NTSMUOTDERHR
- NDIW
- OWSN
- HALI
- HINNGGTIL
- TTARUMRPEEE
- OFG
- NIROWBA
- NHACRUEIR
- DAOTRN
- AVAHWTEE
- ZDLAZBIR
- OTRHUGD
- FTOSR
- IMST
- LSTEE
- ZEDILZR

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PUZZLE ANSWERS



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			

ACROSS

- 1 Greek island
- 6 Civil rights leader Parks
- 10 Put ___ on (limit)
- 14 Reeves of "The Matrix"
- 15 Peeling potatoes, perhaps
- 16 Bond's first film foe
- 17 Lauder of cosmetics
- 18 Pack it in
- 19 Puts on
- 20 Trials
- 21 Opportune
- 23 Snare
- 25 Equipment for fishing
- 26 The Righteous Brothers, e.g.
- 27 Visit habitually
- 29 Liability's opposite
- 32 Grasps
- 33 Musical syllable
- 36 Orange cover
- 37 N Atlantic archipelago
- 38 Corned beef concoction
- 39 Pal in the 'hood
- 40 The ___ Mutiny
- 41 Main blood vessel
- 42 Hostess Mesta
- 43 Ambient music pioneer
- 44 Scholar
- 47 Gallery event
- 51 Undecided
- 54 Put out
- 55 Shape
- 56 Jack of "Rio Lobo"
- 57 Brightly colored lizard
- 58 ___ want for Christmas...
- 59 Parched
- 60 Sacred song
- 61 Cover
- 62 Record
- 63 From Bern, say

DOWN

- 1 Depicts unfairly
- 2 Man of morals
- 3 Alma ___
- 4 Unequal
- 5 Go after, in a way
- 6 Lawn game played with mallets
- 7 Load
- 8 Do without
- 9 Innate ability
- 10 Habituate
- 11 Felon
- 12 Invalidate
- 13 Deputised group
- 21 Sixth word of the Gettysburg Address
- 22 Metal containers
- 24 Fanatic
- 27 Mezzo-soprano Marilyn
- 28 Sunburn soother
- 29 Short trader?
- 30 Round Table title
- 31 ___-Cone
- 32 Come down hard?
- 33 La Brea goo
- 34 Queue after Q
- 35 Cry of discovery
- 37 Most distant
- 38 Jail
- 40 Penny
- 41 Hill builder
- 42 Man highly esteemed for his wisdom
- 43 Be human?
- 44 Shrub of the cashew family
- 45 Speed skater ___ Anton Ohno
- 46 Country estate
- 47 Anouk of "La Dolce Vita"
- 48 Valuable violin
- 49 Green citrus fruits
- 50 Les ___-Unis
- 52 Zeno's home
- 53 Over-50 org.
- 57 Early hrs.

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