



< San Diego Soccer Team Circa 1930 >



> San Diego Normal School Circa 1900 <



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Robert's Spotlight Listing:
2980 Nichols
Single Story San Diego Bay Living
Crown Jewel of Point Loma

Having completed just under half a year on a Year Over Year basis (Jan 1 – May 31) (2026 vs 2025) the market has increased **+27%** in terms of the **Number of SOLD Transactions (61 vs 48)**. On the surface 🌊 it seems strong but we began January 2026 up **+80%** over January 2025, and seen the % change steadily decline 📉 with the invasion of Iran 🇮🇷 to **+64%** in Feb, **+48%** in March, **+27%** in May, **+21%** as at June 06/26. As the conflict 🇺🇸🇮🇷 continues, its dampening effect on unit sales continues. With Mid Term elections 🗳️ around the corner, the hope that a settlement can be negotiated that sticks will stabilize or shift 📊 into a positive **+** trend the change Number of Sold Home Transactions.

YTD, (01/01/26 - 05/31/26) the **Average Number** of homes **SOLD per Mth (12)** this year has increased **+20%** over last year for the same period which was **(10)** Homes per Month. The 2026 (01/01-05/31) Monthly Average **(12)** Homes Sold per month is consistent with the 5-Year Trailing YTD (01/01-05/31) Average per month which is also (12). With a 2026 YTD Monthly Average rate of (12) annualized, the **Number of Homes SOLD** will fall back to 2010, The Great Recession, approximating 140 homes SOLD for the year. If the war in 🇮🇷 Iran drags on, its effects on ⚡ energy, 🚗 transportation, inflation, 📈 the 10 YR Yield and 30 YR mortgage will inevitably put continued downward pressure 📉 on sales performance with yet again fewer Homes SOLD, south of Great Recession levels of 140 units.

Since the Spring 🌸 of 2022 when interest rates doubled 📈 faster than they ever have in a matter of 90 days 📉 (6.63% vs 3.12%) Point Loma Home Sales are stagnant at a level of approximately 140 Homes Sold and have been unable to revert 📉 back to the Point Loma 10 Year average of approximating 200 Home Sold per Year.

On a **YTD Month over Month** basis, (01/01/26 - 05/31/26) the **YTD Number** of homes **SOLD Per Mth Average (12)** remained flat over (01/01/26 - 04/30/26) which also resulted in a YTD Number of homes SOLD Average of 12 homes per month.

Total YTD Dollars Transacted **\$139,000,000** (Jan 1 through to May 31, 2026) versus \$111,000,000 (Jan 1 through to May 31 2025) represents a **+25%** increase in Total Dollars transacted. 2026 Total Dollars transacted are **+13%** more than the 5 Year (01/01-05/31) Trailing Average which is \$123,000,000.

The **YTD (01/01/26-05/31/26) Median Sales Price** in Pt Loma is up **+3%** to **\$1,818,000** from \$1,761,000 in 2025 for the equivalent period. Notwithstanding this, it appears the YTD 2026 Median will be drifting **North** 📈 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 \$2,219,000, (ii) the Median of Homes that went off market in the month of May (05/01 - 05/31) also approximates \$2,219,000, (iii) Supply & Demand Economics 101, Supply of Homes for Sale is down **-20%**, **Demand is up +27%**, resulting in upward 📈 pressure on Pricing, (iv) Borrowing 🏠 costs today about **(0.25% - 0.5%)** lower than last at this time when interest rates were hovering at 6.96% which helps support and drive 📈 price growth.

The **YTD 2026** (01/01- 05/31) **Median Sales Price \$1,818,000** of homes SOLD is **+5%** higher than the 5 Year YTD Median Sales Price (01/01-05/31) Trailing Average which is \$1,727,000.

On a **Month over Month** basis, (01/01/26-05/31/26) the **YTD Median Sales Price \$1,818,000** increased **+1%** over last month's YTD (01/01/26 - 04/30/26) Median Sales Price which was \$1,805,000.

Point Loma **YTD** (01/01/26-05/31/26) Single Family Detached Homes **SOLD Median Days on Market** this year is **(17)** Days, represents **(+6%)** longer market time over last year (01/01/25 - 05/31/25) which was (16) Days on Market.

The YTD (01/01/26 -05/31/26) SOLD Median Days on Market for homes **(17)** is also **(+6%)** longer than 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, (01/01/26 -05/31/26) the **YTD SOLD Median Days on Market (17)** lengthened **+42%** from (01/01/26 - 04/30/26) YTD SOLD Median Days on Market which was (12) Days attributable to The War 🇺🇸🇮🇷 in Iran & its shockwaves 📉 as they continue to reverberate throughout the economy.

(01/01/26 - 05/31/26) the **YTD Sold / List Ratio** decreased **(-1%)** to **+98%**, from last year (01/01/25 - 05/31/25) when the YTD Sold / List Ratio was 99%. The YTD 2026 (01/01 – 05/31) **YTD Sold/List Ratio** also decreased **(-1%)** in relationship to The 5-Year Trailing 📈 Average (01/01-05/31) YTD SOLD/List Ratio of **99%**

On a **Month over Month** basis, (01/01/26 -05/31/26) the **YTD SOLD / List Ratio** of **98%** remained flat over (01/01/26 - 04/30/26) which also produced a YTD SOLD/List Ratio of 98%.

The Point Loma (01/01/26-05/31/26) **YTD Median Sales Price Per Sq Ft** decreased **(-1%)** to **\$935** per Sq Ft from \$941 last year (01/01/25-05/31/25).

The (01/01/26 - 05/31/26) **YTD Median Sales Price \$935 Per Sq Ft** has increased **+6%** 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 **\$935 YTD** (01/01/26-05/31/26) **Median Sales Price Per Sq Ft** declined **(-6%)** over (01/01/26 - 04/30/26) which produced a YTD Median Sales Price Per Sq Ft of \$995 Sq Ft.

The decline 📉 on a **Month over Month (-6%)** basis and **YTD Year over Year (-1%)** basis of the **Median Sales Price Per Sq Ft** when the **YTD Median Sales Price** has increased **(+5%)** is attributable to the mix of homes that have SOLD being approximately **(+10%)** larger at 2,245 sq ft versus 2,040 sq ft. Generally, the larger the home, the more it may sell for, driving 📈 up the Median, while the price per sq foot softens due to the additional square footage resulting in a larger denominator.

2026 Median Home Sold:

🏠 3 BR 🛏 3 BA 📏 2,143 SQ FT 📅 1952

January 1st - May 31st (2026)

+27%	📍 # Homes Sold 61 vs. 48 Homes
+25%	💰 Total \$ Transacted \$139M vs. \$111M
+3%	🏠 Median Sales Price \$1,818,000 vs. \$1,761,000
+6%	📅 Median Days/Mkt 17 Days vs. 16 Days
-1%	💰 Median \$/Sq Ft \$935 vs. \$941
-1%	📊 Sold/List Ratio 98% vs. 99%

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 (05/01/26-05/31/26) **(13)** increased **(+30%)** over (05/01/25-05/31/25) when (10) homes were SOLD. May 2026 Single Family Detached Home Sales **(13)** remained flat 📊 & consistent with the 5-Year Average for the Number of SOLD homes in the Month of May which was also (13) homes SOLD.

2026 on a **Month over Month** basis, the **Number of SOLD** homes in May this year (**13**), increased **(+18%)** over the previous month April 2026 when (11) Single Family Detached Homes were Sold.

Total Dollars SOLD this year **In the Month** of May (05/01/25-05/31/25) **\$31,000,000** increased **(+15%)** compared to the \$27,000,000 that SOLD in the months of May 2025. The **\$31,000,000** of SOLD transactions in the month of May this year increased **(+7%)** over the 5-Year Trailing Avg Total Dollars SOLD in March which was \$29,000,000.

On a **Month over Month** basis, (05/01- 05/31) versus (04/01- 04/30), the Total Dollars SOLD increased **(+15%)** to \$31,000,000 in May from \$27,000,000 in April.

The **Median Sales Price Sold** in the **Month** of May (05/01/26-05/31/26) at **\$1,885,000** increased **(+10%)** from last year (05/01/25 - 05/31/25) which produced a Median Sales Price Value of \$1,718,000 for the equivalent period.

For the period (05/01/26 - 05/31/26) the **\$1,885,000** Median Sales Price increased **(+7%)** over (05/01-05/31) 5-Year Median Sales Price Trailing Avg which is \$1,767,000.

The May (05/01/26 - 05/31/26) Median Sales Price **\$1,885,000** declined **(-10%)** from last month's (04/01/26 -04/30/26) Median Sales Price which was \$2,100,000. The 2026 May Median Sales Price is poised to rise as we work our way into Summer due to the fact the Median Pending Sales Value as at 06/01/26 is \$2,219,000 and the Median Value of Point Loma Homes that came *off market* and went into escrow the last 30 days also approximates \$2,219,000.

On a Year over Year basis, the **May Sold List %** for the period (05/01/26 - 05/31/26) softened to **98%** compared to last year for the equivalent period

(05/01/25 - 05/31/25) which was 100%. The May (05/01/26 - 05/31/26) **SOLD / List** ratio of **98%** declined **(-2%)** in relationship to the 5-YR May (05/01-05/31) **SOLD /List %** which was 100%.

On a **Month over Month** Basis, (05/01/26-05/31/26) the **98% Sold List %** remained flat with last month (04/01/26 - 04/30/26) which was also 98%.

The May (05/01/26 - 05/31/26) **Median Sales Price per Sq Ft \$859** decreased **(-1%)** over the May (05/01/25 - 05/31/25) Median Sales Price per Sq Ft \$870. The May 2026 **\$859** (05/01/26 - 05/31/26) Median Sales Price per Sq Ft decreased **(-4%)** over the 5-YR May (05/01-05/31) Trailing Avg of \$895 per Sq Ft.

The **Month** of May (05/01/26 - 05/31/26) **Median Sales Price Per Sq Ft \$859** decreased **(-23%)** on a Month over Month basis from last month (04/01/26 - 04/30/26) which was Sq Ft of \$1,115 Sq Ft. This is attributable to the mix of homes that SOLD in May 2026 being **(+13%)** larger at 2,831 Sq Ft versus 2,505 Sq Ft (*denominator*) in April 2026 and the **Median Sales Price (numerator)** softening in May at \$1,885,000 versus \$2,100,000 in April last month.

The **(-1%)** decrease in the May 2026 **Median Sales Price Per Sq Ft** even though the **May 2026 Median Sales Price SOLD** increased **(+10%)** over May 2025 is attributable to the mix of homes that have SOLD in May 2026 being approximately **(+10%)** larger at 2,831 sq ft versus 2,277 sq ft in May 2025. Generally, the larger the home, the price per sq foot softens.

The **Supply** of Point Loma Homes for Sale as at May 31, 2026 (**35**), decreased **(-20%)** over May 31, 2025 which was (44) homes. The May 31, 2026 Supply of Point Loma Homes for Sale (**35**) increased **(+35%)** in relation to the May 31, 5 YR Average which sits at (26) homes. The Supply/Inventory of Homes for Sale in Point Loma 5 YR Average still incorporates artificially low inventory years 2020, 2021 associated with The Pandemic.

The Supply/Inventory of Homes for Sale in Point Loma 5 YR Average still incorporates artificially low inventory years 2020, 2021 associated with The Pandemic. Pre Covid, the 6 Year Supply of Homes for Sale in Point Loma was 56 units. As at May 2026 both the (i) *Supply* of Homes for Sale & (ii) Homes SOLD are off **(-40%)**

The Inventory of Point Loma Homes for Sale as at May 31, 2026 (**35**) increased **(+30%)** over last Month April 30, 2026 which was (27).

The May 31, 2026 number of Point Loma Homes for Sale at (**35**) puts us back to May 31, 2020, The Pandemic, when the number of Point Loma Homes for Sale were (39).and the 30 Year Mortgage was hovering at 3.72%.

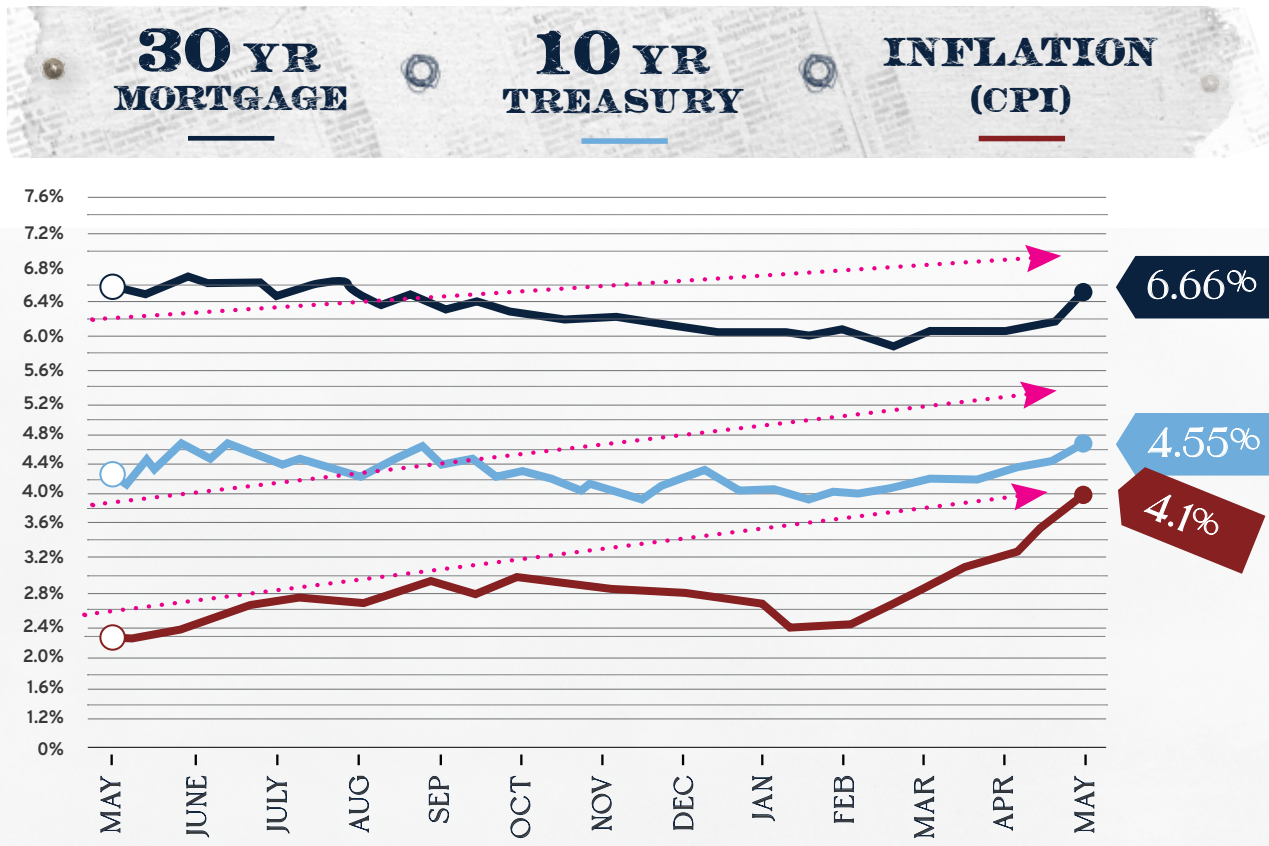
Analyzing the **Number** of homes in Pt Loma that Sellers received and accepted an offer that **Went Off Market**, the (**12**) in the Month of May 2026, remained flat with the (12) homes that went Off Market last year May 2025.

The **Number** of homes in Point Loma this year that **Went Off Market (12)** in the month of May (05/01/26-05/31/26), 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** (05/01/26 - 05/31/26) (**12**) increased **(+20%)** over last month (04/01/26 - 04/30/26) which was (10).

The July 2026 **Expected Market Time** of (**88**) 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 (**35**) by the Sales Velocity the last 30 Days, (Off Market/Pending Sales the last thirty days) (**12**). The July 2026 **Expected Market Time** has shortened **(-20%)** to **88** Days from Last year at this time when the Expected Market time was 110 Days. The current July 2026 **Expected Market Time** of 88 Days is **(+14%)** longer than the 5-Year June Expected Market Time Trailing Avg which is (77) Days.

On a **Month over Month** basis, the July 2026 **Expected Market Time** of **88** Days, has lengthened **(+9%)** from the previous Month June 2026 which had an associated (81) Days EMT. The 2026 YTD Average EMT is **82** Days.



<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

We have not seen **60 Days or less now over two years**, all the way back to January 2024. **60-90 days is considered a Slight Sellers' Market which is where we have landed for much of 2026** so far. **120-150 Days is where the Point Loma Home Sales market (137) transacted for the most part in 2025.** Buyers had choice and multiple homes for consideration providing them with slight leverage over Sellers which results in Price concessions.

As we work our way through summer 2026, **Values** and **Units** SOLD are approximating what has been realized in the first half of this year, no big changes either way.

Values are adjusting low single digit +/-, very close to inflation now nearing 4%.

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.

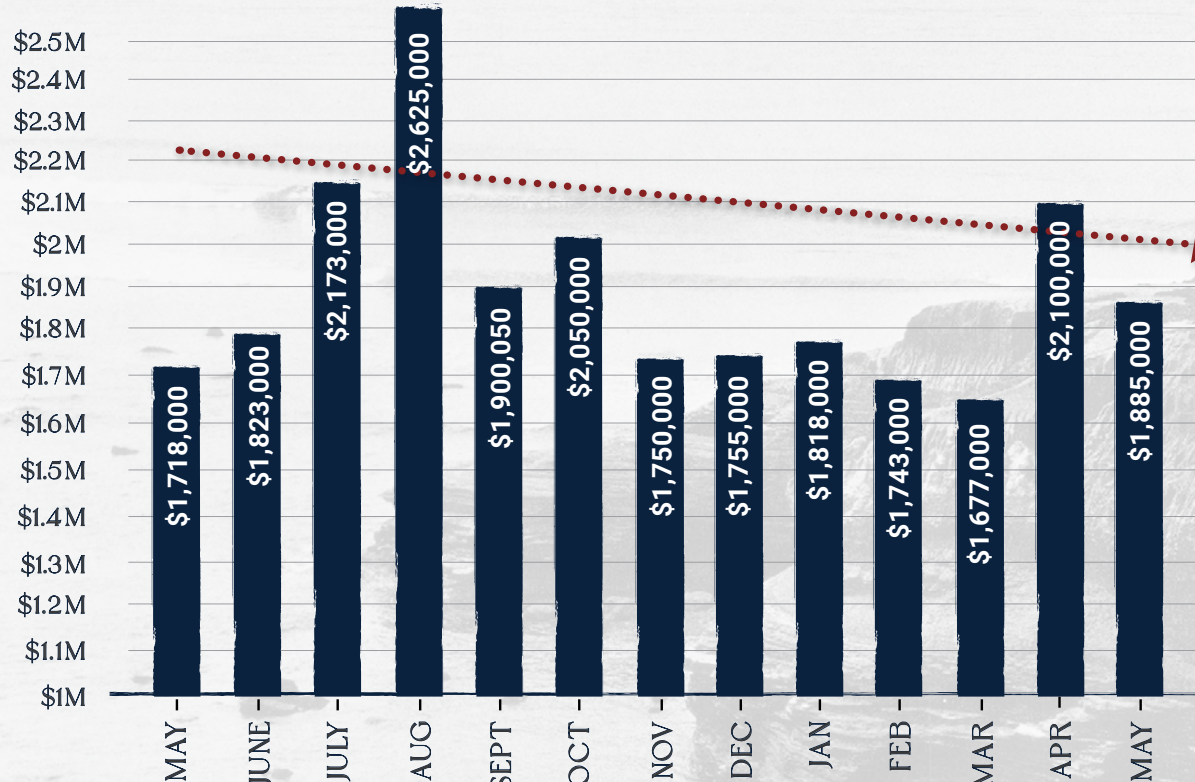
This year the Iran War has the capacity to further propel the expected market time in a northerly direction short of any imminent negotiated settlement.

If your life circumstance necessitates a sale, as difficult as a decision it is, you will be realizing gains within **5%** of the summit.

If you have no necessity to sell, even though Point Loma values may not be currently keeping up with inflation, know that even with a 2026 single digit value giveback after adjusting for inflation, your Point Loma home has appreciated over **(+30%)** in real terms after adjusting for inflation since 2020. Qualitatively, the numerous unique benefits that living on the Point provides, like The Big Bay Boom with special thanks to Sandy Purdon, are immeasurable.

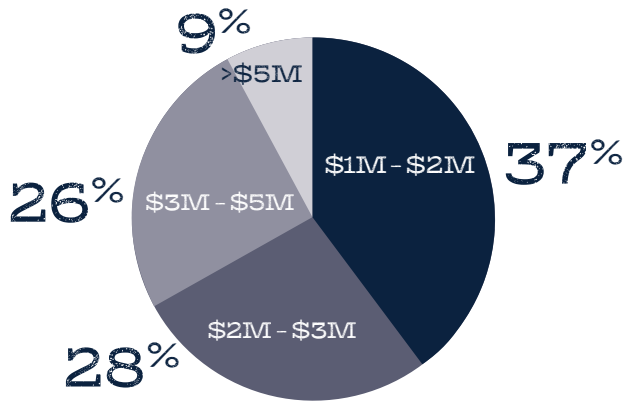
Wishing you and yours a Happy 4th of July!

MEDIAN SOLD PRICE | 1 YEAR GLIMPSE



INVENTORY

AS OF 05/31/26

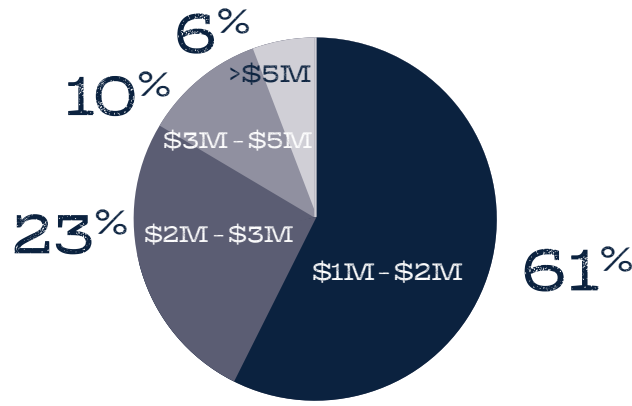


- 37% Homes between \$1M - \$2M » 13
- 28% Homes between \$2M - \$3M » 10
- 26% Homes between \$3M - \$5M » 9
- 9% Homes > \$5M » 3

100% 35

SALES

01/01/26 - 05/31/26

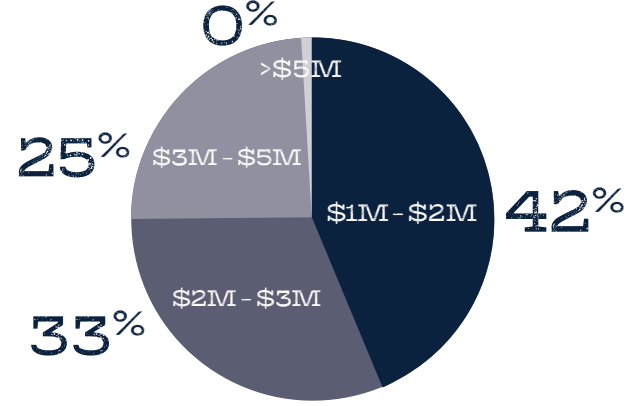


- 61% Homes between \$1M - \$2M » 37
- 23% Homes between \$2M - \$3M » 14
- 10% Homes between \$3M - \$5M » 6
- 6% Homes > \$5M » 4

100% 61

OFF MARKET

05/01/26 - 05/31/26

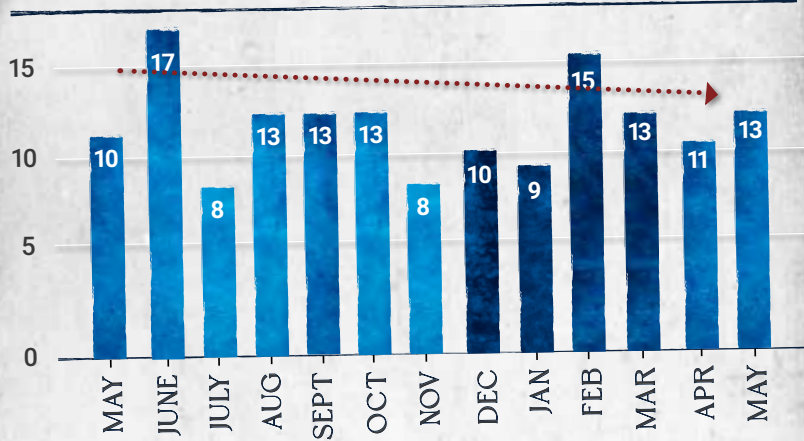


- 42% Homes between \$1M - \$2M » 5
- 33% Homes between \$2M - \$3M » 4
- 25% Homes between \$3M - \$5M » 3
- 0% Homes > \$5M » 0

100% 12

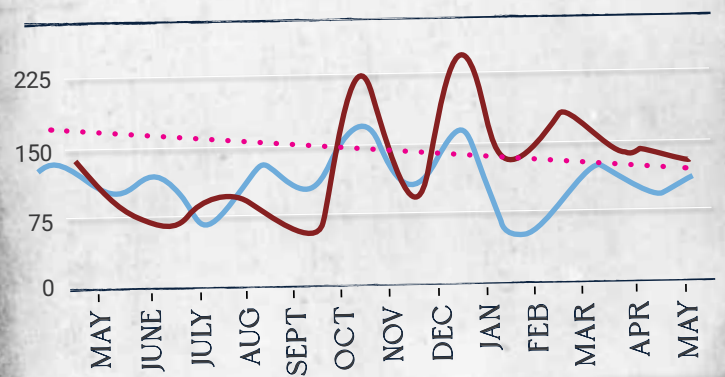
TOTAL TRANSACTIONS

2025/2026



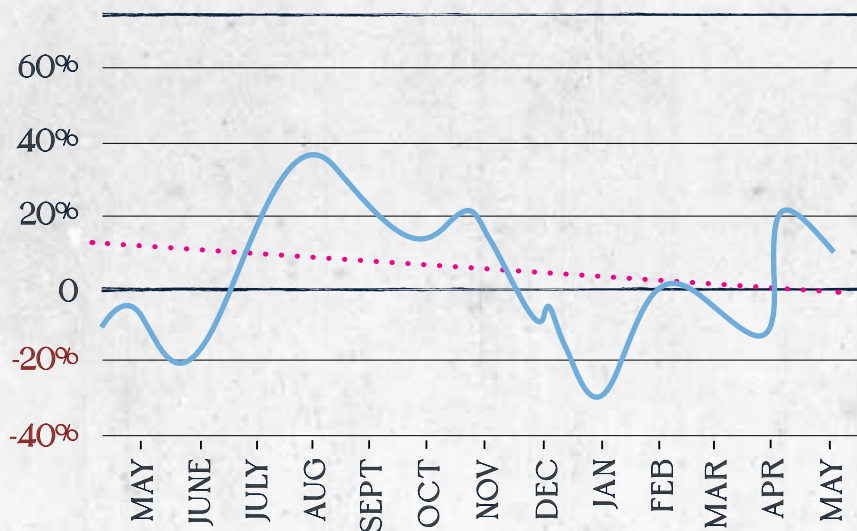
EXPECTED MARKET TIME

— 2026/25 — 2025/24 ... AVG

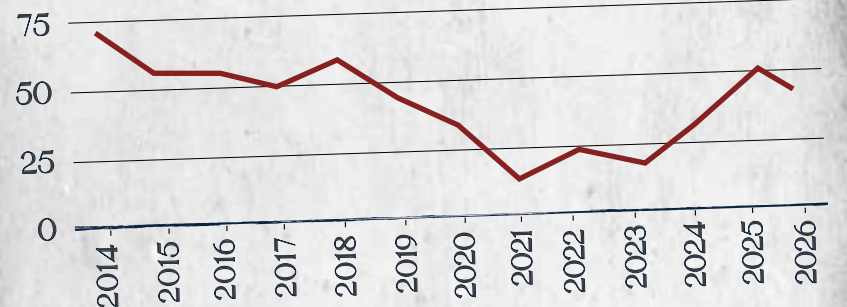


MEDIAN PRICE

YEAR OVER YEAR % CHANGE

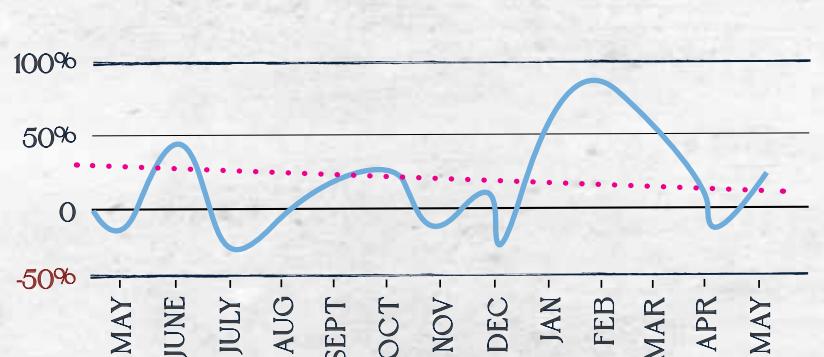


INVENTORY TREND



TOTAL TRANSACTIONS

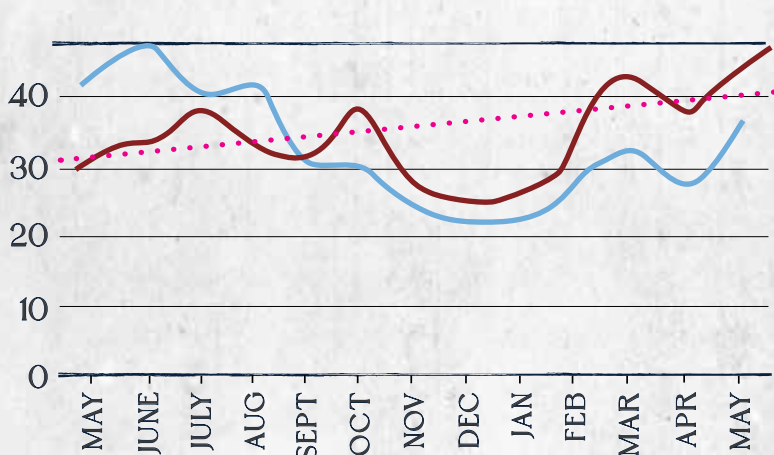
YEAR OVER YEAR % CHANGE



INVENTORY

YEAR OVER YEAR

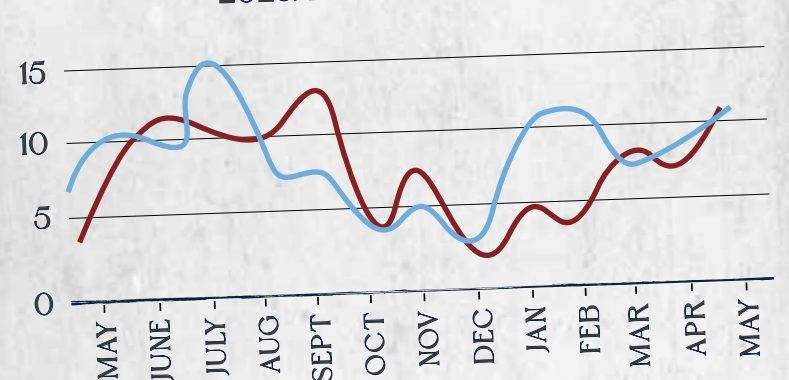
— 2026/25 — 2025/24 ... AVG



PENDING SALES






YEAR OVER YEAR

— 2026/2025 — 2025/2024



92106

POINT LOMA MARKET
05 MONTH YEAR OVER YEAR REVIEW

	+27%	SINGLE FAMILY HOMES SOLD 61 transactions from 48
	-41%	HIGHEST PRICED HOME \$6,350,000 from \$10,700,000
	+14%	LOWEST PRICED HOME \$1,200,000 from \$1,057,000
	+3%	MEDIAN HOME VALUE \$1,818,000 from \$1,761,000
	+25%	TOTAL MARKET VOLUME \$139,000,000 from \$111,000,000








YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$2M	# \$2M - \$3M	# \$3M - \$5M	# > \$5M	TOTAL \$	
2026	61	\$1,200,000	\$1,818,000	\$6,350,000	37	14	6	4	\$139M	
2025	48	\$1,057,000	\$1,761,000	\$10,700,000	31	9	6	2	\$111M	
		+27%	+14%	+3%	-41%	+19%	+56%	--	+100%	+25%

POINT LOMA MARKET
05 MONTH YEAR OVER YEAR REVIEW

92107



	--	SINGLE FAMILY HOMES SOLD 47 transactions from 47
	+21%	HIGHEST PRICED HOME \$5,100,000 from \$4,200,000
	-7%	LOWEST PRICED HOME \$927,000 from \$1,000,000
	-4%	MEDIAN HOME VALUE \$1,815,000 from \$1,900,000
	--	TOTAL MARKET VOLUME \$98,000,000 from \$98,000,000

YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$2M	# \$2M - \$3M	# \$3M - \$5M	# > \$5M	TOTAL \$	
2026	47	\$927,000	\$1,815,000	\$5,100,000	25	15	6	4	\$98M	
2025	47	\$1,000,000	\$1,900,000	\$4,200,000	28	14	5	0	\$98M	
		--	-7%	-4%	+21%	-11%	+7%	+20%	--	--



Before you begin...

We like to serve this salad in leaves of Bibb lettuce to form lettuce cups, but it can also be served on a bed of greens.

Toss 6 to 8 cups of greens with 2 teaspoons of lime juice, 1 teaspoon of toasted sesame oil, 1 teaspoon of vegetable oil, and a pinch of salt before spooning the chicken on top.

THAI-STYLE CHICKEN SALAD WITH MANGO

Ingredients:

Dressing:

- 3 tbsp lime juice (2 limes)
- 1 shallot, minced
- 2 tbsp fish sauce, plus extra for serving
- 1 tbsp packed brown sugar
- 1 garlic clove, minced
- 1/4 tsp red pepper flakes

Salad:

- 1 mango, peeled, pitted, and cut into 1/4-inch pieces
- 1/2 cup chopped fresh mint
- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped fresh Thai basil
- Salt
- 1 head Bibb lettuce (8 oz)
- 2 Thai chiles, sliced thin
- 4 (6oz - 8oz) boneless, skinless chicken breasts, trimmed

Directions:

1. Cover chicken with plastic wrap and pound thick ends gently with meat pounder until 3/4 inch thick. Discard plastic wrap. Whisk 4 quarts cool water with 2 tablespoons salt in large Dutch oven. Arrange chicken in steamer basket, making sure not to overlap. Submerge steamer basket in pot. Heat over medium heat, stirring occasionally to even out hot spots, until water registers 175°, 15-20 minutes. Turn off heat, cover pot, remove pot from burner, and let stand until chicken registers 160 degrees, 17-22 min.
2. While chicken cooks, whisk all ingredients together in large bowl. Transfer chicken to cutting board and let cool, for 10 to 15 minutes. Shred chicken lengthwise into long, thin strips. Transfer to bowl with dressing and toss to coat.
3. Add mango, mint, cilantro, and basil to bowl with chicken and toss to coat. Season with salt to taste. Serve salad in lettuce cups, passing Thai chiles and extra fish sauce separately.



— AMERICA'S —
TEST KITCHEN

Recipe courtesy of America's Test Kitchen

ROBERT'S UNDER THE RADAR APPROACH

PRIVATE & DISCRETE - NO SIGNAGE, NO OPEN HOUSES



766 Rosecrans
117' X 139' LA PLAYA LOT

REPRESENTED BUYER & SELLER



829 Rosecrans
ENDLESS NAUTICAL PANORAMA



REPRESENTED
BUYER & SELLER



Sold



REPRESENTED BUYER & SELLER

459 Tavera Pl
4 BR • 5 BA • 4,742 ESF



Sold



REPRESENTED BUYER & SELLER

3710 Pio Pico
2 BR • 1 BA • 1,204 ESF



Sold



REPRESENTED BUYER & SELLER

1640 Chatsworth Blvd
3 BR • 2 BA • 1,567 ESF



Sold



REPRESENTED BUYER & SELLER

3617 Fenelon
3 BR • 2 BA • 2,312 ESF



**PORT of
SAN DIEGO**
Experiences

BIG BAY BOOM

SATURDAY | JULY 4 | 2026 | 9:15 PM

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Point Loma Nazarene University • Safe Harbor Marinas and Boatyard • San Diego Symphony
Seaport Village – Protea • SpringHill Suites Downtown/Bayfront
TownePlace Suites by Marriott • Wyndham San Diego Bayside

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HAPPY 4TH OF JULY!

4TH OF JULY PARADE - CIRCA 1911



ROBERT'S CLIENTS SAY WHAT?

"WE'VE DEALT WITH MANY REAL ESTATE AGENTS OVER THE YEARS AND **ROBERT IS THE BEST OF THEM.**

WHAT MAKES ROBERT OUTSTANDING IS HOW **DILIGENTLY HE STUDIES THE MARKET.** HE DOES HIS HOMEWORK EVERY DAY-THE HARD PART-SCRUTINIZING THE LOCAL SUPPLY AND DEMAND, AND STUDYING TRENDS AND OUTCOMES.

ROBERT IS A STRAIGHT SHOOTER. HE DOESN'T WASTE ANYONE'S TIME. WE'VE GREATLY APPRECIATED THIS. HE ZEROES IN ON A CLIENT'S NEEDS AND EXPECTATIONS, AND TELLS THEM WHAT'S FEASIBLE AND WHAT ISN'T.

ROBERT HAS HELPED OUR CHILDREN BUY AND SELL HOUSES. HE HAS HELPED US BUY A SIX UNIT RENTAL PROPERTY. NO MATTER WHAT TYPE OF PROPERTY OR PRICE RANGE, ROBERT'S KEEN INSIGHTS AND GUIDANCE HAVE BEEN INVALUABLE TO US WHETHER WE'VE BEEN BUYING OR SELLING.

THANK YOU, ROBERT!"



'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**

**ROBERT
REALTY**



Support 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 July 15th, 2026.



FREE HAIRCUT!

Bring this to Ling's Barbershop. First 30 people receive \$30 towards their hair cut. Expires July 15th, 2026.

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Congrats to our last issue's winner Susan!

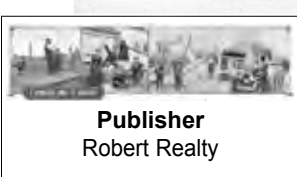


FREE PERSONAL TRAINING!

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

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



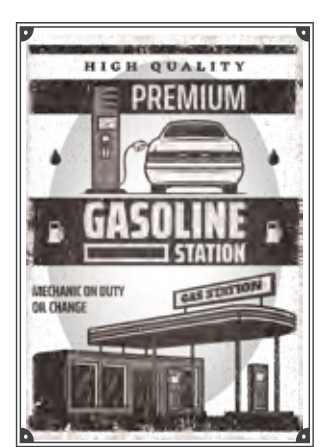
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FREE GASOLINE!



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

1076 Rosecrans St | San Diego, CA 92106

Last Issue's \$500 Winner Annette T!



*Live, Love & Support Local.
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THE CROWN JEWEL OF POINT LOMA



2980 Nichols St

Just 200' away from the rippling water...

4 BR 3 BA 2,725 SF \$4,650,000



Dazzling turnkey, single story living facing San Diego Bay. 2023/2024 renovation down to the studs. Enjoy the gentle clink and clatter of masts and sails as you sip your morning coffee while the sun rises over the Cuyamaca Mountains. Amazing flat level gentle slope 15,000 sq ft (150 x100) bay side lot. Watching the ripples of water remind you how intimately close to the bay you really are (just 200 ft). Kelloggs Beach, San Diego Yacht Club, Southwestern Yacht Club, Point Loma Village, Shelter Island, all accessible leisurely by foot. Airport & downtown less than a \$25 Uber without having to get on a freeway. Porcelain & quartz counter tops, custom cabinets, Tadelakt (Moroccan plaster) master shower, new gutter & underground drainage system, drip irrigation throughout with sprinklers, retractable suncover for deck, Garapa outdoor shower & deck, Japanese cedar fencing & gates around entire property, courtyard gas fireplace & fire pit seating area, low voltage FXCluminaire landscape lighting system.

AGE IS JUST A NUMBER

The Birthday Times

BUT NOW IT'S HIGHER!

6/2	NANCY COWARD	7/3	LILABEN PATEL
6/3	TOM FRIEDBERG	7/4	LAILA KNIGHT
6/5	KYLE EPPELE	7/5	ABRAHAM EDID
6/6	MIKE MCKINNON	7/12	TOM BALDAUF
6/8	PAUL BOLTON	7/12	GRACE SCULLY
6/11	NICHOLAS KATZ	7/13	WAYNE HUYARD
6/15	CONNIE RALPH	7/14	CHRISTIANNNA RICE
6/15	CHRISTOPHER BUSHARD	7/14	ZANE SHANOSKI
6/15	SARITA FLAMING	7/15	JORDAN LUSTI
6/17	LYNN MULLEN	7/15	FELIX MARTIN
6/17	ANTON EWING	7/17	SHARON MCGOLDRICH
6/19	CURTIS CLEMENT	7/18	ANNE BOLTON
6/19	AMANDA ABRAMS	7/18	JOSH GRUENBERG
6/21	MICHAEL SCULLY	7/19	TIM FERMANIAN
6/23	LYNN LATHROP	7/19	DON SHANAHAN
6/24	HECTOR MONTANO	7/23	SARA HICKMANN
6/25	NATHAN MEDINA	7/24	JON BERGER
6/26	CATHY PERGLE	7/25	STAN MILLER
6/30	MARGOSIA GROVE	7/25	TOM PLEIN
6/30	THERESA MARTIN	7/29	
6/30	TOM DILLON		

PASS ON THE PEROXIDE

A SURGEON'S GUIDE TO CLEANING WOUNDS AT HOME

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By Kyla P. Terhune, MD, MBA, FACS

Every year, countless minor injuries occur in homes, garages, and backyards across the country. The immediate instinct for many is to reach for a familiar brown bottle of hydrogen peroxide or a swab of rubbing alcohol to “clean” the wound.

As a leader of education at the American College of Surgeons, I want to share a resource developed by experienced surgeons that may lead you to pass on the peroxide.

The American College of Surgeons offers a free Wound Management Home Skills resource with comprehensive information and videos covering everything from simple scrapes to post-surgical incisions. It explains how to stop bleeding, pack a wound, care for stitches, and recognize when it is time to call your doctor.

- ✓ Wash your hands. Scrub for 20 seconds with soap, then rinse with water. Use a hand sanitizer with at least 60% alcohol if soap and water are not available
- ✓ Gently clean the wound with mild soap and plenty of clean, running water
- ✓ After patting the area dry, apply a thin layer of antibiotic ointment (if there are signs of infection) or plain petroleum jelly. Keep the wound covered with a clean bandage for the first week to maintain moisture

& JUST FOR FUN!

CONNECTIONS

Sort the 16 words into four hidden categories. Write each category name on the dotted line beside its colour.

- MUSTARD
- LINCOLN
- APPLE
- KETCHUP
- KENNEDY
- MONOPOLY
- SCRABBLE
- PECAN
- RELISH
- REAGAN
- CLUE
- PUMPKIN
- CARTER
- CHERRY
- MAYO
- BATTLESHIP

- _____
- _____
- _____
- _____

LET'S PLAY SOME GAMES!

ICE CREAM WORD SCRAMBLE

- ANILLVA _____
- HETCACOOOL _____
- SRRBAWTEYR _____
- OATOEHCCL ICPH _____
- BERUTT CAPEN _____
- RYKOC DAOR _____

Scramble:
 Vanilla · Chocolate · Strawberry
 Chocolate Chip
 Butter Pecan · Rocky Road

Connections:
 Gold: Condiments — Mustard,
 Ketchup, Relish, Mayo
 Green: US Presidents — Lincoln,
 Kennedy, Reagan, Carter
 Blue: Board games — Monopoly,
 Scrabble, Clue, Battleship
 Purple: Pie flavors — Apple,
 Pecan, Pumpkin, Cherry

CROSSWORD

1	2	3	4	5	6		7	8	9		10	11	12	13
14							15				16			
17							18				19			
			20			21					22			
23	24	25				26				27				
28					29				30					
31				32				33				34	35	36
37				38				39				40		
41				42				43				44		
			45				46				47			
48	49	50				51				52				
53					54				55					
56					57				58			59	60	61
62					63				64					
65					66				67					

ACROSS

- 1- Cottonwoods
- 7- kwon do
- 10- Conked out
- 14- Go over again
- 15- Egyptian cobra
- 16- The King
- 17- Theater district
- 18- Go downhill fast?
- 19- Cornfield cacophony
- 20- Aviation mechanic
- 23- Belle or Bart
- 26- Boy
- 27- Unfolds
- 28- Amos or Spelling
- 29- Like some ears
- 30- Cat (winter vehicle)
- 31- Imperial dynasty of Russia
- 33- Injection amts.
- 34- Sprechen___Deutsch?
- 37- Mineral suffix
- 38- "Lord, is?": Matthew
- 39- That's gotta hurt!
- 40- Tolkien ogre
- 41- Third degree?
- 42- Legume
- 43- Uncommon
- 45- Belief system
- 46- Get older
- 47- Annapolis sch.

DOWN

- 1- Sheet music abbr.
- 2- Wreath of flowers
- 3- I've got it!
- 4- Swampfever
- 5- Blender maker
- 6- Restaurateur Toots
- 7- Dutch navigator
- 8- Inquired
- 9- Larger-than-life
- 10- Repeated from the beginning
- 11- Mindlessly stupid
- 12- Newsman Newman
- 13- Flat circular plates
- 21- Singer Newton-John
- 22- Island in central Japan
- 23- Piece of bacon
- 24- Fang, e.g.
- 25- Equipped
- 29- Tribal emblem
- 30- Teatime treat
- 32- Tries to bite
- 33- Puma
- 34- March man
- 35- Afghan's neighbor
- 36- Brilliance
- 44- Wave riders
- 45- Buries
- 46- Llama relative
- 48- Cravat

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Wooded Area • Listed at \$2,775,000



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Stabilized Coastal Multifamily Asset
La Jolla • Listed at \$5,250,000



Willow St
3 BR • 3 BA • 2,666 SF
Roseville • Inquire for Pricing



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



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



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



3137 Emerson
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\$12,000 Monthly



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