

Bruce's Neighborhood Greetings



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With The New Year Comes Resolutions!



At the time you are all receiving this newest edition of our neighborhood newsletter, most of us have made our traditional New Year's Resolutions. In years past a number of us have made the next year the one that would include such things as Stop Smoking, Lose Weight, or how about Getting in Shape. The latter usually includes a Christmas gift from a loved one such as a Treadmill or Weight Lifting set. If you are like me, the first few weeks of the year include using that new exercise tool religiously. Then in just as quick a fashion, it becomes a large dust collector! Deb and I got a high end stationary bike twelve years ago. It has twenty levels of increased tension. It even has a meter to monitor your calorie burning. This year will start out the same for me. A commitment to our stationary bike for at least an hour a day. Seems like such a small amount of time, yet as the days wear on, it becomes that much more difficult to dedicate those 60 minutes! It has become a routine for me so I am now able to exercise on level eighteen. I know this year will be as good as last! You see, just eating healthy isn't enough. In addition Deb and I go out of our way to have no fat or low fat foods in the house and we only eat Fish and Fowl (no Red Meat). Except I have high Cholesterol, so I have a reminder to get back on track with staying active and using the stationary bike on a regular basis.

See if your resolutions are on page 4.....



Joining a Health Club may be on your list of New Year's Resolutions!

Neighborhood Forum

This is the section dedicated to the readers of this newsletter.

Changes coming soon! I have decided to eliminate the hard copy of my monthly newsletters that are hand delivered after the delivery of the July 2026 edition.

My newsletter will always be available on my website (dolphinrealtysouthbay.com) under the tab Newsletters. You will be able to view a rolling archive of twelve months on this site. Additionally I can add you to my monthly email distribution. I have been distributing my monthly newsletter monthly as hard copies and email sends for twenty four years. If you prefer to get the monthly email, please

email me at: dolphinrealtysouth@sbcglobal.net. I will then add you to my email distribution list. This month marks the twenty fifth year that I am producing and distributing this monthly newsletter. Eliminating the hard copies does not mean I am leaving the business! It is making my business more streamlined and current. The monthly newsletter will be in color going forward, when you view either from the email or viewing on my website.

I look forward to receiving your email addresses between now and July so you don't miss any editions.

My contact information remains the same. My cell is 310-408-0702 and my office is 310-532-1201. I look forward to staying in contact with everyone.

Plan Big, Spend Small: Bedroom Upgrades on a Budget!

It doesn't take a major renovation or overwhelming budget to give your sleeping space a fresh new feel. A few simple updates can help transform your space into a stylish and cozy sanctuary. Here are three smart and affordable ways to upgrade your bedroom without breaking the bank:

Color and textiles. One of the easiest and most affordable ways to make a big change is adding new colors and textures. Window treatments and a DIY headboard can add charm without costing a fortune. Consider painting an accent wall for a pop of color that instantly enhances your space.

Lighting. Switching up lighting can completely change the feel of a room. Upgrade lampshades or add string lights for a dreamy glow. Try shopping thrift stores and discount retailers for options that won't bust the budget.

Rearrange furniture. Sometimes, all it takes to upgrade a space is rethinking the layout. Rearrange furniture to create a better flow and make your bedroom feel new again. Use inexpensive storage baskets and under-bed organizers to keep clutter out of sight.



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Health & Safety

New Year, New You: Healthy Resolutions for a Vibrant Year

A new year is approaching, presenting the perfect opportunity to adjust our habits and create a healthier lifestyle. Establishing the right New Year's resolutions allows us to prioritize our well-being while achieving our goals. Let's dive into some tips for creating habits that will help support your overall health in the coming year.

1. Get active. It's essential to move your body regularly. Take daily walks, practice yoga, or hit the gym a few days each week. Find something you enjoy and commit to it for the whole year.

2. Stay hydrated. Drink water throughout the day to stay properly hydrated. Adequate H2O intake can boost your energy and metabolism and aid in digestion.

3. Nourish your body. Avoid fad diets and instead, opt for mindfulness around food. Consume plenty of fruits, vegetables, whole grains, and lean proteins each day, and limit processed food and alcohol.

4. Prioritize mental health. Overall well-being includes good mental health. Practice self-care by making time for activities that help you de-stress and bring you joy.

5. Get enough sleep. Most adults need seven to eight hours of sleep each night to stay healthy. Limit screen time before bed and establish a good bedtime routine to signal the brain that it's time to rest and recharge.



Show the Kitchen Some Love: \$50 Kitchen Upgrades

The kitchen likely has the most expensive appliances and features of any room in the house. Because kitchen upgrades often run into thousands of dollars, it's not a room we often overhaul. But you can give your kitchen a makeover with just a few cosmetic tweaks. Here are some ways you can show the kitchen some love for under \$50:

• **Update the hardware.** Changing the hardware on your kitchen cabinets can give it an instant boost. Try mismatched vintage knobs for an eclectic feel or brass handles for a modern look.

• **Change out the light fixtures.** Swapping out old light fixtures can completely change the look and feel of a room. Consider industrial chandeliers for a modern look or pendant lights for a homey feel. Dimmers are also great for ambiance.

• **Add a backsplash.** Peel-and-stick backsplash squares can be an inexpensive way to give the kitchen some personality. Because they're cost-effective and user-friendly, you can change the look as often as you like.

• **Apply a new coat of paint.** For an instant makeover, sand down the cabinets and give them some fresh paint. Warm shades of blue and green are trendy ways to add color and character, while darker hues like espresso and ebony can make the room more modern.

South Bay Real Estate Results for 2025

At the time of this writing the results noted are through the month of November. With the holidays going on during the month of December, both inventory and recorded sales are typically very slow and this past year was no different. In the West High Area of the South Bay, typical homes consist of three to four bedrooms, with at least two bathrooms and between 1150 and 2300 interior square feet. These raw statistics give you an idea of where your property may fall. Property condition and specific location are not used to massage the statistics.

Through the month of November there were a total of 86 single family homes that fell into the criteria noted above. Sales resulted in a 2.2% decrease in value compared to how much similar properties sold for in 2024. Days on market have increased to an average of 22 days. This was an increase of 37.5% over 2024. Buyers paid on average 100.8% of the original list price. In a lot of our neighborhoods properties are still selling over the list price with multiple offers (though not as many). I suspect for most of you reading this newsletter that are home owners it won't come as a shock when I tell you the average home meeting the above criteria is now over \$1.45 million. Not every property will be priced this high or low respectively though. As mentioned earlier, location and condition impact this number tremendously!

For a more specific idea of what your property is worth, feel free to contact me for a no obligation discussion at your convenience.



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Pesto Alla Trapanese

Ingredients:

2 Tbsp. sea salt

$\frac{3}{4}$ lb. spiral pasta

1 c. cherry tomatoes

$\frac{1}{2}$ c. whole almonds

$\frac{3}{4}$ c. packed basil leaves

1 clove chopped garlic

$\frac{1}{2}$ c. olive oil

$\frac{1}{4}$ c. water

$\frac{1}{2}$ c. Pecorino cheese, grated

Add the salt to two (2) quarts of boiling water. Stir in the pasta and cook per the package directions. Blend the tomatoes, almonds, basil, garlic, olive oil, water and cheese in a food processor until it reaches the consistency of a coarse sauce. Add more water or olive oil to thin if desired. Drain the pasta and combine with the sauce. Add salt to taste and top with extra cheese or chiffonade basil, if desired.



Rates Have Come Down Slightly

Our recent Home Buying Seminar resulted in pre-approved home buyers. I have been conducting these for over thirty years. There are favorably priced loans to consider that are a 10 year adjustable. Fixed for the first 10 years represents a decent way to become a home buyer in today's era of higher interest rates. While it helps Buyer's overall affordability and qualifying for their home purchase it also means we are in a time with fewer Buyers and Sellers in the market. Have you thought about selling your home and uplegging or downsizing? This is a great time to do so. I can make the process an easy one for you. Or if you know of anyone who might be thinking of selling I would appreciate you forwarding my name and information to them so I can set up a no obligation consultation. The question that I hear often from future Buyers is "When is it a good time to buy?" Unless a Buyer is paying cash for the home, the interest rate and monthly payment are the most important criteria. In my opinion we won't see prices go much lower anytime soon. The annual appreciation rate will be lower, but increase from a year ago! Supply and demand already have helped prices shoot through the roof. Real Estate used to be a series of cycles. The best time to buy Real Estate is when it is soonest financially and emotionally possible to do so!

Did You Get an IPAD or Laptop From Santa?

A number of you got what you asked Santa Claus for this Christmas and Chanukah. Some of you requested an IPAD Pro and actually got your wish. With this new form of computing comes new challenges. Most of us have been using a Windows based computer (laptop and/or notebook). You may have seen a colleague using one and heard the raves and constant nagging...."you have to get one". While it is very true that the IPAD Pro is something special it also is very different than what you are used to. For example, there is no user guide that comes with the unit. You will want to search the Internet to get a copy and read through it. With our Chromebook seeing its last days, we chose to get a two in one touch screen laptop to replace it. I must admit setting the unit up took mere minutes and was very self intuitive and interactive. But once it is set up the real journey begins. Once you master the basics of Windows 11 though it will become old hat and second nature; very crisp display of everything on the built-in screen. Thousands of apps to choose from will enhance your computing on both a Laptop or IPAD Pro experience. There are plenty of options that are free to download and install. For many of us though new technology is not necessarily right for everyone. I for one gave up on the Chromebook path. I bought a Lenovo Windows based laptop. Turns out familiarity is best for me! Prices are such that these Windows based laptops are very affordable too!



Pictorial Of New Year's Resolutions Cont. From pg.1



Only 20 more miles to go! We have been riding for two hours and we are only to Redondo Pier?



Resolutions are more fun when you do them as a family.....



Don't forget your pets need exercise too!



Make this year the one that you add years to your life and quit the hardest habit of them all!



Where is my Latte holder and big screen to watch as I pedal?



Are you sure this is how Superman got his start?!

Wow, I can't believe it has been five minutes already! I'll take a five minute break now!