

# Bruce's Neighborhood Greetings



**MAY 2026**

**Volume 25 Issue 5**



## We celebrate Mother's Day May 10th!

On Sunday, May 10th we will be Honoring our Mother. You know the cliché, behind every good man is a good woman. That good woman is someone's Mother. No matter which generation one studies, it is obvious how important our parents are to each of us. The lifestyle needs may change through the years, but one constant is held in all – a Mother spends a great deal of effort and time each day helping her children become fine young adults. As in the picture to the right, our Mothers are there to help us with our homework, learning new topics or in earlier years reading a good bed-time story. Don't get me wrong, I have just as strong a feeling for us Fathers. Our special day is next month. Probably it is similar for a lot of our neighbors. The head of the household growing up was your father. He would go to work each day putting long hours in at the job. It was our Mother who made everything work so well within our home. She made sure that we all had our meals, whether it be a sack lunch for school or family time at the dinner table. Even when I grew up and out of the house, my mom continued this with a Sunday night family gathering each week. In past newsletters I have suggested Boulevard Florist for the best deals on flowers. This holiday is no exception. Mark can be reached at Boulevard Florist (310-219-7600). Sunday brunch would be great too. Try one of my favorites, El Torito for their all you can eat brunch. Reservations are a must!

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*This could be any of us. I hope we all can remember a time like this when our Mother was there for us in our formative years, as we should be for our children in theirs.....*

## 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](http://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](mailto:dolphinrealtysouth@sbcglobal.net). I will then add you to my email distribution list. This year is 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.

## Health & Safety

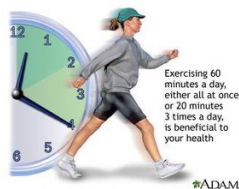
### Mental Health Awareness: Outdoor Activity

Spending time outside is more than just a break from routine; it's a powerful tool for supporting mental health. Being in nature can provide natural stress relief and boost mood, helping us recenter and reconnect with our surroundings. Whether you prefer quiet moments in a wooded area or active outdoor adventures, these activities can help support mental and emotional well-being:

**Gardening.** Combine gentle movement with mindfulness as you tend to your plants. Noticing new growth, feeling the soil, and following the rhythms of nature can help reduce stress and lend a sense of accomplishment. Try small gardening tasks like planting and watering herbs to provide routine and purpose, which helps support mental stability and self-esteem.

**Hiking.** Enjoy physical exercise and mental clarity as you walk through natural landscapes. Hiking can help reduce mental noise and support a positive mood because the combination of movement, fresh air, and outdoor scenery naturally lowers cortisol levels.

**Water activity.** Being in or near water can have a uniquely soothing effect for many people. Swimming, kayaking, or even just walking along a shoreline can promote relaxation and emotional balance. The rhythmic sounds and movements associated with water can help regulate breathing and calm the nervous system.



## Household Tips: AI at Home: Inventory Tracking

AI-powered apps can be used at home to help you manage your grocery needs and track your kitchen inventory. Many free apps use receipt- and barcode-scanning technology to help log new purchases, manage grocery lists, reduce food waste, and more. Here are a few handy apps to consider as you work to keep the hub of your home running efficiently:

**KitchenPal** can help manage pantry, refrigerator, and freezer contents, track expiration dates, and reduce waste. This app also uses available inventory to suggest recipes and aid in meal planning.

**NoWaste** helps you track kitchen items, manage expiration dates with barcode scanning, and ultimately, reduce household waste. This handy app also generates grocery shopping lists to help you stay on track with your spending.

**Scanlily** can capture up to 15 items at a time with just one snap of the camera lens, logging each item. This app also uses GPS tracking technology to help you easily locate items and sends alerts when stock is low.



## Helpful Hints: DIY Window Cleaning Hacks

Clean windows can instantly brighten a home, but professional services or specialty products aren't always necessary. With some basic household items and smart techniques, you can achieve a streak-free clean on your own. Check out these simple hacks to incorporate into your cleaning routine:

**Vinegar and water.** A tried-and-true window-cleaning solution is a mixture of equal parts white vinegar and warm water, applied with a spray bottle. The vinegar cuts through grease, dust, and water spots without leaving behind residue. Lightly spray the vinegar and water on the glass and wipe with a lint-free cloth.

**Newspaper and microfiber.** Old newspapers are a classic DIY tool because they don't leave lint and help polish the glass to a shine. Microfiber cloths also work well and are reusable. Wipe away the solution top to bottom to help avoid missing spots.

**Tackle tracks and screens.** Even the cleanest glass won't look its best if the tracks and screens are dirty. Use a vacuum or broom to remove loose debris from window tracks, then scrub with a brush and soapy water. Remove and gently wash screens with a mild soap and rinse them with a hose before allowing them to air dry completely.

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## Make Your Home Energy Efficient for Summer

An energy efficient home not only saves money on your utility bills, it also saves energy—which is better for the environment. Follow these tips to make your home more energy efficient this summer.

**Thermostat setting:** In the summer, set your thermostat at 78°F for optimal efficiency.

**Use fans:** Fans allow you to raise your thermostat approximately four degrees without feeling the rise in temperature.

**Insulation matters:** Adequate attic insulation is essential to keeping your home cool in the summer and warm in the winter.

**Windows and doors:** Make sure your door and window seals and weather strips are intact.

**Take-out:** Minimize use of kitchen appliances—and keep the house cooler—by ordering take-out or cooking outside on the grill.

**Energy audit:** Hire a professional to perform a full energy analysis on your home and systems to determine any weak thermal points.



## Artichoke Ragu

### Ingredients:

- 2 Tbsp. extra virgin olive oil
- 3 c. diced artichoke hearts
- 1 c. sliced cremini mushrooms
- 2 cloves minced garlic
- 1 ½ c. cherry tomatoes, halved
- 3 Tbsp. chopped fresh parsley
- 1 ½ tsp. kosher salt
- ½ tsp. black pepper
- 1 tsp. truffle oil
- ½ c. heavy cream
- 16 oz. pasta

Heat the olive oil in a skillet over medium-high heat. Add the artichokes and mushrooms to the oil and cook for 4 minutes, or until the artichokes are tender and the mushrooms are cooked through. Add garlic and tomatoes and cook until the garlic begins to brown. Stir in the salt and pepper, then add the parsley, truffle oil, and heavy cream. Cook the pasta according to the package instructions. Serve the sauce over the pasta and enjoy!



## Interest Rate Updates: What it Means for Buyers and Sellers

Interest rates play a significant role in the real estate market, influencing everything from mortgage payments to the time it takes for a property to sell. Whether you're buying or selling a home, understanding how interest rates work can help you make wise financial decisions. **Market conditions change.** Interest rates rise and fall based on overall economic conditions, inflation, and decisions made by the Federal Reserve.

When interest rates are low, borrowing becomes more affordable, which increases demand for homes and benefits sellers by facilitating quicker sales and potentially higher prices. When rates increase, buyers face higher payments, which can decrease demand and cause sellers to lower their asking price or offer buyer incentives. Recognizing market changes can help buyers and sellers set realistic expectations. **Personal factors affect individual rates.** The individual rate a person receives depends on personal financial factors, such as their FICO score, debt-to-income ratio, employment history, and down payment amount. A higher credit score and stable financial background can help secure a lower rate. **Explore different loan types.** Not all loans are the same. Fixed rate mortgages maintain steady payments throughout the loan's term, providing long-term predictability.

The best time to buy Real Estate is when it is soonest financially and emotionally possible to do so!

# Memorial Day Coming May 25th!

We celebrate and memorialize our Veterans' support of our freedoms in this country. With recent events this year we have additional reasons to do so. A lot of us choose to celebrate in different ways. In past years, my family and I would be visiting the Hermosa Beach Fiesta de Artes Street Fair. It will be held later this year on June 13 and 14, Saturday, Sunday from 9a-6p.

Many of our friends, family and fellow Americans have given their lives to make sure we can live in peace. Have a picnic in your backyard! Being with family and friends to celebrate those that have made the ultimate sacrifice is the most important thing to do this weekend.

The Torrance Armed Forces Day parade is planned for May 16th. I hope you and your kids can enjoy it in person this year.

Happy Holiday to all! Summer has arrived!



# Mother's Day & Memorial Day Pictorial Cont. from pg.1



Freedom is not to be taken for granted. Remember the Vet.!



Time to take a moment and thank our brave soldiers for their support!



Salute our Veterans who made the ultimate sacrifice and our Flag!



Say it with flowers!



Check out the bands playing at previous year's Fiesta de Artes in Hermosa during Memorial Day Weekend of years past!



Bath toiletry items are appreciated by our Mothers on this special day!



An example of the flowers you will find at Boulevard Florist for this coming Mother's Day holiday!



Highlight your Memorial Day picnic with a flag decorated sheet cake!