

Bruce's Neighborhood Greetings



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September Brings A 9/11/01 Reminder ...

Friday Sept. 11, 2026 marks the day we all remember the great tragedy which occurred twenty five years ago. Around 3000 people lost their lives and countless others will never be the same. We can all remember what we were doing that eventful day forever etched in our memory. Courtesy of AP and Time.com I am providing a pictorial essay to portray the devastation which occurred. This unprovoked act of terrorism unleashed on our country was followed by our armed forces going on the offensive in Afghanistan and Iraq. We will probably have our troops stationed overseas for years to come, supporting the armies and security forces of volatile lands of allies. As our mission unfolds we continue to face other strong holds and supporters of terrorism identifying us as targets. Thus we lay out a strategy to hit them first to hopefully limit the loss of American lives in the process. We have seen certain civil liberties granted to every American citizen either taken away or modified in order to provide a more secure Homeland for all Americans to enjoy. Ironical how an hour long wait at the airport prior to 9/11/01 would seem like a trip to the dentist to pull teeth, and now most of us have learned to accept a two hour wait as a comfort to both our psychological and physical well being. The clean up of Ground Zero took almost a full year to complete. The winning design of the NY City memorial is called Reflecting Absence by Michael Arad and Peter Walker. The design includes an underground museum featuring artifacts from the Sept. 11 attacks and a cultural center.

Continued on page 4.....



We should never forget the horror of 9/11/01!

This is the section dedicated to the readers of this newsletter. I have had a few of my readers request some preferred Vendors: Termite work- Magic Care Termite -562-589-1500. Chimney Sweep – American Chimney Sweep, Alex Barilari-800-946-5438. Electrician–B&M Electric-Charles–310-372-2545. Painting contractor–Universal Painting Co. – Brian Yoon, (562) 331-1005 Gardener, Landscaping and Sprinkler work– Jose Munoz, 310 -350-8257. Window and Door replacement– Five Points Windows and Doors-Chris - 310-326-4141. Roofer-Multiple vendors,

contact me for information. Tile installation - Gonzalo Miranda- 310-350-7384. Plumbing- Sean Siphene-714-752-9239. Look for a complete list of Vendors recommended in next month's edition. With each of the above, be sure to mention how you located them so that they know to take extra good care of your needs. Please let me know your comments when you do use any of them. Feel free to contact me to share information you may have of vendors you have used and been satisfied with. Best way to reach me is my cell, 310-408-0702 or email, dolphinrealtysouth@sbcglobal.net.

If you are missing any of the previous editions you can find up to the past 12 months on my web site: www.dolphinrealtysouthbay.com

Organizational Seasonal Clothing and Decor

As the seasons change, so do our wardrobes and home décor. Staying organized doesn't need to feel overwhelming. By creating a simple system, you can keep your home tidy, functional, and ready for whatever the next season brings.

Sort and declutter. Before packing anything away, sort through seasonal items. Ask yourself what clothing and décor were useful during the season. Donate anything that doesn't fit, looks outdated, or hasn't been used. This will help keep storage spaces from becoming overcrowded and ensure you keep only the items you truly need.

Use smart storage solutions. Invest in clear bins, vacuum-sealed bags, and labeled containers to store seasonal items. This makes it easy to find what's inside. Organize decorations by holiday or season to make next year's planning quick and stress-free.

Store with accessibility in mind. Keep upcoming seasonal items within easy reach. Strategically rotate items to save time and prevent unnecessary searching through storage.



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Health & Safety Mindful Movement Matters

Life is constantly pulling our attention in dozens of directions. Mindful movement is a fantastic way to reconnect with ourselves and feel fully present in our bodies. Activities like walking, yoga, or intentional breathing help regulate the nervous system and can positively affect many aspects of life.

Emotional wellness. Mindful movement creates space to notice what you're feeling without judgment. Focus on your breath and physical sensations to become more attuned to your emotions and regulate mood, feel less overwhelmed, and enhance inner balance. Over time, it becomes easier to respond thoughtfully to challenges rather than reacting impulsively.

Academic achievement. Mindful movement can sharpen the mind with increased focus, memory, and cognitive flexibility. Whether you're at work or school, just a few minutes of intentional movement can help you tackle tasks with clarity and efficiency. When the mind is calm and present, learning is more effective.

Less stress. Mindful movement helps reduce stress by lowering cortisol, easing muscle tension, and promoting an overall sense of calm. Rather than carrying stress throughout the day, gentle, intentional movement can reset the nervous system.



Beat the Back-to-School Blues

Summer vacation is winding down, and the back-to-school season is upon us. This annual event is often met with mixed feelings of excitement and dread. While kids may be excited to start a new year, and parents may be relieved to have a break, managing school-week chaos can be stressful. Here are some practical tips to keep the school year on track:

- **Meal plan.** Weeknights are hectic for families with school-aged children, but it's still essential for everyone to have hearty, nutritious meals. Consider spending one or two Saturday afternoons each month preparing meals ahead of time and storing them in the freezer to take the guess work out of dinner prep.

- **Manage your priorities.** Don't do today what can wait until tomorrow. While procrastination is not a good life skill, busy households must be able to prioritize what's most important and toss the rest to the side. It's okay if all the laundry isn't finished on nights when the kids need help with homework or if dishes remain in the sink on the days that students have extracurricular activities.

- **Make time for self-care.** When listing activities on the calendar, make sure you also schedule some downtime. No one can pour from an empty cup. The kids need time to rest and recharge, and so do you!

Household Tips:

AI at Home:Design Planning and Budgeting

Designing or renovating your home no longer requires guesswork or endless trial and error. With AI-powered design tools, homeowners can visualize ideas, explore styles, and make smarter decisions before committing to changes. Whether you're planning a full renovation or just refreshing a single room, these standout AI tools can transform the home design process:

Remodel AI: Rethink the home's interior and exterior spaces. This app helps you visualize your home design and compare different flooring, paint, landscaping, and architectural styles.

Ideal House: From budgeting to paint colors and everything in between, this app can help homeowners trim excess spending, offer style advice, and help keep renovation projects on track.

RoomsGPT: Simply upload a photo of the room you want to redesign and then choose from over 60 customized design styles.



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Tomato and Watermelon Salad

Ingredients:

5-lb. seedless watermelon, rind removed, cut into 1" pieces

4 ripe tomatoes cut into 1" pieces

4 oz. crumbled feta cheese

½ c. toasted pistachios, chopped

1 c. fresh basil, torn

1 c. fresh mint, torn

Dressing

¼ c. Champagne vinegar

3 tsp. sugar

1 tsp. salt

¼ cayenne pepper

½ small red onion, diced

¼ c. olive oil

Whisk together vinegar, sugar, salt, and cayenne pepper. Add onion and allow the mixture to sit for 30 minutes, or until the onion becomes soft. Then, whisk in the olive oil. In a large bowl, combine watermelon, tomatoes, and feta cheese. Softly stir in the dressing mixture. Add pistachios, basil, and mint. Season with salt and pepper to taste. Serve cold.



September 2026

Rates are not Going Lower Anytime Soon!

Our recent Home Buying Seminar resulted in pre-approved home buyers. I have been conducting these for over twenty nine 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 sellers in the market. If you have 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 lower anytime soon. The annual appreciation rate will be lower, but still increase from a year ago! There are fewer houses coming to market through foreclosure and short sale. Supply and demand already have helped prices shoot through the roof so to speak. Real Estate used to be a series of cycles; those are a thing of the past. The best time to buy Real Estate is when it is soonest financially and emotionally possible to do so! It costs nothing for you or your buyer/seller referral to learn what I can do for you and them!

September 11 Pictorial Dedication

continued from page 1~~~~~



This picture is of the Pentagon



The horror at it's worst. WTC aflame!



New Yorkers escaping the collapse!



Another view of the Pentagon



These New Yorker's say it all!

An attempt to outrun disaster



Reflecting Absence 9-11 Memorial



The collapse of WTC building One.



The picture of destruction at WTC 2



The collapse of WTC building Two.



The Statue of Liberty guards New York!