



# Quail Call

Published by the Lake San Marcos  
Community Association  
*"BUILDING A BETTER COMMUNITY"*

---

**July 2024**

**The Quail Call is a monthly publication of the Lake San Marcos Community Association**

**The Quail Call accepts advertisements from local businesses who wish to use a low-cost highly-targeted publication to reach their customers.**

**Email: [quailcall@lsmca.com](mailto:quailcall@lsmca.com) for information.**

**Copies of the printed Quail Call are mailed to all members of the Association and include articles of past and present activities from local clubs and organizations in addition to the advertisements.**

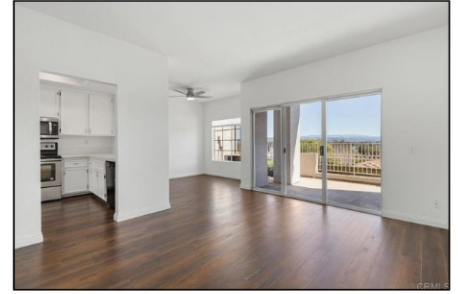
**The Community Association also publishes articles of special interest to its members in health, civic activities and learning.**



1555 Via Entrada Del Lago  
Lake San Marcos  
3 bed / 2 bath - 1,725 sq. ft.  
IN ESCROW



1340 Chaparral Drive  
San Marcos, CA 92069  
5 bed / 3.5 bath - 2,641 sq. ft.  
IN ESCROW



1658 Via Ocioso  
Lake San Marcos  
2 bed+den / 2 bath - 1,204 sq. ft.  
IN ESCROW



1259 La Casa Drive  
Lake San Marcos  
3 bed / 2 bath - 1,528 sq. ft.  
IN ESCROW



THE  
**DAVIDSON**  
GROUP



1508 Circa Del Lago B104  
Lake San Marcos  
2 bed / 2 bath - 962 sq. ft.  
SOLD - \$325,000  
Represented Seller



45138 Via Vela  
Temecula, CA 92592  
3 bed / 2.5 bath - 2,146 sq. ft.  
SOLD - \$749,900  
Represented Buyer



957 Fiesta Way  
Lake San Marcos  
2 bed / 2 bath - 1,224 sq. ft.  
SOLD - \$750,000  
Represented Buyer & Seller



1016 La Casa Drive  
Lake San Marcos  
3 bed / 2.5 bath - 1,595 sq. ft.  
SOLD - \$780,000  
Represented Seller

For more info call:  
**760.390.0015**

**www.TenFoldRE.com**  
CA DRE# 02014153



## NORTH COAST PHYSICAL THERAPY

Guidance and support for optimal health, wellness, and rehabilitation right here in your community.

- ⦿ Orthopedic Rehabilitation
- ⦿ Neurologic Rehabilitation
- ⦿ Parkinson's Specific Rehabilitation
- ⦿ Balance and Dizziness Disorders
- ⦿ Headache and Concussion Rehabilitation
- ⦿ Fall Prevention
- ⦿ Urinary Incontinence Therapies
- ⦿ Pelvic Pain Therapies
- ⦿ Craniofacial pain and TMJ Disorders
- ⦿ Cancer Rehabilitation and Wellness
- ⦿ Lymphedema Therapies
- ⦿ Sports Injury Rehabilitation
- ⦿ Sports Specific Training for Competitive and Recreational Golf, Pickleball, Tennis, Baseball, Soccer, etc.
- ⦿ Aquatic Therapy
- ⦿ Custom Foot Orthotics
- ⦿ Pilates and Yoga Training

**\*\*NO PRESCRIPTION REQUIRED FOR MOST INSURANCES\*\***

1030 La Bonita Drive, Suite 240, San Marcos, CA 92078  
(directly across from Amalfi Restaurant on Lake San Marcos)

Call now for an appointment (760) 878-4300  
Visit our website at: [www.northcoastpt.com](http://www.northcoastpt.com)



New Look, Same Trusted Agents.



LAKE & COAST

REAL ESTATE



Now Brokered by eXp Realty of California, Inc.



**JUST LISTED!**

1022 San Pablo Dr | Lake San Marcos  
**Offered at \$1,099,000**  
REP SELLER



**JUST LISTED!**

1616 Circa Del Lago #C312 | Lake San Marcos  
**Offered at \$389,000**  
REP SELLER



**IN ESCROW!**

1277 La Casa Dr | Lake San Marcos  
**Offered at \$1,050,000**  
REP SELLER



**VISIT OUR OFFICE  
AT THE MAIN  
CLUBHOUSE TO  
GET YOUR FREE  
LSM STICKER!**



**SALES. LEASING.  
VACATION RENTALS.**

**760.591.9008**

**LAKEANDCOASTREALESTATE.COM**

Brokered by eXp Realty of California, Inc. #01878277. If your home is currently listed for sale, this is not meant as a solicitation. Data from Sandicor 06/18/24.



# Law Offices of **ARTHUR S. BROWN, APLC.**

**ESTATE PLANNING | TRUST ADMINISTRATION  
PROBATE ADMINISTRATION | ELDER LAW**

Critical 2024 Tax and Law Changes  
Protect You and Your Loved Ones by Creating an Estate Plan

Is your Living Trust over 4 Years Old?  
Then you need to see me NOW!

**Schedule your FREE Consultation Now!  
(760) 438-5599**



Serving Lake San Marcos  
Families for over 36 years

Member of the  
Lake San Marcos Kiwanis Club  
for 31 years

Estate Planning, Trust and  
Probate Law Certified Specialist

State Bar of California of Legal  
Specialization

**FREE Educational Webinar and Workbook at  
WhyProbate.com**

5741 Palmer Way, Suite B, Carsbad, California  
WhyProbate.com | (760) 438-5599 | info@whyprobate.com

## THE DANGERS OF VAPING

The word "vaping" refers to the act of inhaling the vapor produced by an electronic cigarette (e-cigarette) or another vaping device. E-cigarettes heat a liquid (called e-liquid) that can contain nicotine, tetrahydrocannabinol (THC) or cannabidiol (CBD) oils, as well as flavoring agents and chemicals used to help produce the aerosol. E-cigarettes come in many sizes, shapes and configurations such as pens, tank models, pods, sticks and other devices.

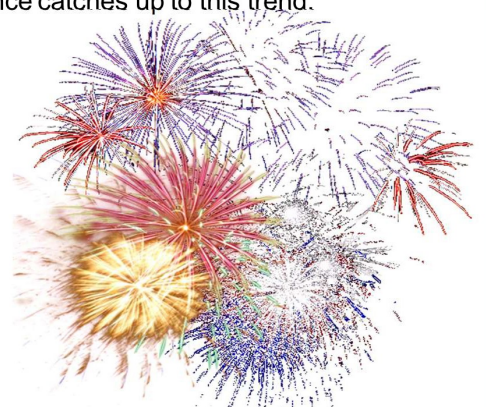
What are the known oral health effects of vaping? While the aerosol produced by e-cigarettes contains fewer toxic chemicals than regular cigarette smoke, it does still contain harmful and potentially harmful substances. Inhaling the heated vapor causes drying of the mouth, which can lead to caries and other bacterial changes. Each variety of e-liquid can contain different products and flavorings, and many e-liquid product labels don't list all the substances they contain, making it hard for scientists and consumers alike to know what may or may not be harmful. Here are some of the known harmful ingredients in e-liquid products and how they may affect you.

Nicotine is by far the most desired product in e-liquid products. Nicotine can stick to tooth enamel, staining teeth and making it easier for plaque to accumulate. It can also lead to a much higher chance of developing gum disease and tooth loss. Some e-cigarette manufacturers do not even disclose that they contain nicotine; e-cigarettes marketed to contain 0% nicotine have been found to contain nicotine. THC and CBD are both popular alternatives to nicotine-based e-liquid. THC is the main psychoactive compound in the cannabis plant, and CBD is a nonpsychoactive cannabinoid also found in cannabis. Not much research is available on the health effects of vaping products that contain these ingredients; however, there have been several cases of lung injury and hospitalization linked to them. Flavorings are a major selling point for individual varieties of e-liquid. It's important to look at each flavoring and remember that a product may be considered safe to ingest but not safe to inhale. For example, diacetyl — a butter flavored chemical used in many common foods and found in popular e-liquid flavors such as vanilla, maple and coconut — has been linked to a serious chronic lung disease with symptoms like chronic obstructive pulmonary disease when inhaled. E-liquid products have also been found to contain heavy metals such as lead, nickel, chromium and manganese at levels that exceed safe limits for inhalation as well as volatile organic compounds such as benzene. Do I need to tell my dentist if I use e-cigarettes? It's important to let your dentist know about any vaping or e-cigarette use, even if the patient history form only asks about traditional tobacco use. Also talk to your dentist about whether you have any symptoms of dry mouth. Knowing about your e-cigarette use will help your dentist identify and monitor any effect on your oral health and help keep you healthy while the science catches up to this trend.

Credit to AGD.COM



Dr. Delagramma@cas, DDSFAGD  
1030 La Bonita Dr. suite #303  
San Marcos CA, 92078  
-0475





# Custom KITCHENS & BATHS

REMODELING | CABINETS | COUNTERTOPS | & MORE



## CABINET REFACING SPECIALISTS

Custom Built Cabinets • Quartz Countertops • Complete Kitchen & Bath Remodeling Experts

We take you from demo, design & build to install with tile backsplash, countertops, electrical & plumbing



**Voted #1 in San Diego for Full Service  
Kitchen & Bathroom Remodeling**

**Showroom Hours:**

Mon - Fri 10am - 2pm  
120 N Pacific St, Ste B-2  
San Marcos, CA 92069

[sandiegokitchenpros.com](http://sandiegokitchenpros.com)

# FREE

**IN-HOME CONSULTATIONS  
AND ESTIMATES!**

**760-510-6800**



LICENSED, BONDED & INSURED  
Lic #1097390

**WE ALSO DO** Lighting • Tile Back Splashes • Tile Floors • Wall Removal • Drywall, Tape & Texture

# PALOMAR AVIATION



## Experience the joy of flying!

Always dreamed of becoming a Pilot? Ready to mix it up? Come fly with us at Palomar Aviation, a premier Platinum Cirrus Training Center at Palomar Airport.

Rick & Teresa Mosteller  
PalomarAviation.com  
833-2FLYNOW



# AAA CHARTERED

TRANSPORTATION LLC.  
**YOUR PERSONAL DRIVER**  
Dependable □ Safe □ Prompt Service  
Charter Licensed & Insured



- AIRPORTS
- RESORTS
- SHOPPING
- MEDICAL
- RESTAURANTS
- CRUISE TERMINALS, ETC.

TCP-26765-P

**RUSS 760-722-3333**

aaacharter@roadrunner.com

Serving all San Diego North County.

# HANDYMAN LARRY



**Larry Faast**

1935 LaSubida Way  
San Marcos, CA 92078

760-504-5503 (cell)

Lfaast@yahoo.com(email)



## COMPLETE TREE CARE

Serving North County Since 1983

**760-745-7871**

CA LIC #455993 FULLY INSURED

Resident of Lake San Marcos

**CERTIFIED ARBORIST PAUL RIDER**

ISA #WE1087A - LICENSED PEST CONTROL APPLICATOR

- ▶ Tree Pruning & Lacing
- ▶ Removal & Stump Grinding
- ▶ Health & Fertilization
- ▶ Pest & Disease Control
- ▶ Bark Beetle & Borer Treatment



**FREE ESTIMATES & SENIOR DISCOUNT**



## 748 North Coast Highway 101

ENCINITAS | \$1,900,000 | ZONED FOR COMMERCIAL MIXED USE

Sleeps 6. Lots of parking. Lots of yard space. Super fun location and so close to Beacons Beach!! Very nicely redone single level house currently used as an AirBnB rental. This property is considered MIXED USE and has many legal uses. The house is a Nantucket Style Doll House. There is plenty of parking, directly in front of the parcel and on a gravel pad at back on a paved alleyway. Very private.

REBECCA NEGARD  
760.522.2288  
DRE#00766272

Pacific | Sotheby's  
INTERNATIONAL REALTY

Each office is independently owned and operated. DRE #01767484





**1132 San Marino Dr, Suite 104**  
(next to LSM Security Office)  
Lake San Marcos or In-home Service

- 24-Hour Access For All Clients
- No Membership Fees
- Senior Fitness Specialist
- Sports Conditioning & Rehabilitation
- Licensed Nutritionist/Weight Loss
- Therapeutic Exercise
- Arthritis Relief
- Joint & Muscle Pain Relief
- Flexibility And Balance
- Improve Strength And Energy
- Specialized Stretching
- Complementary Bottled Water
- 22 Years Of Experience



**3 COMPLIMENTARY SESSIONS AND FITNESS ASSESSMENT TO ALL NEW CLIENTS**



**ERIC SMITH**  
Owner/Exercise Instructor

*Specializing in one-on-one, private and personalized exercise training*



**CALL/TEXT: (760) 681-8362**

# PIPES PLUMBING & Rooter Service

**One Call Does It All!**  
**760-434-3067**  
No job too **BIG** or **SMALL**  
Free Estimates!

## We Install Grab Bars!

### Let us make your life easier:

- We can provide custom-made or modular store bought sizes.
- Interior and exterior installations on all surfaces.
- Installed by a professional to your custom requirements.
- 25+ years experience.
- Our job sites are ALWAYS left clean!

### We continue to offer the following services as well:

- Custom easy access showers (tile & solid surfaces)
- Hand-held shower heads for easy use.
- We install a great line of "Comfort Height" toilets.
- All plumbing and drain cleaning service needs, as well as complete copper repipes, leak detection, and bathroom and kitchen remodels.
- We are available 24/7 for any emergency services.

**--- \$10.00 OFF ---**  
**Any Service Call**

**PIPES PLUMBING & Rooter Service**

**760-434-3067**  
NO EXPIRATION

**--- \$10.00 OFF ---**  
**Any Drain Cleaning Service**

**PIPES PLUMBING & Rooter Service**

**760-434-3067**  
NO EXPIRATION

**We are Licensed, Bonded, and Insured**  
Plumbing Contractor's License #804641  
General Contractor's License #704938  
We have workmen's compensation on all our employees for your protection.

You **CAN** afford better hearing.

Hearing instruments now as low as

**\$499\***

**Connect Hearing**  
YOUR HEARING PROFESSIONALS

Don't wait! Book your **FREE** evaluation now.

1635 Lake San Marcos Dr., Ste. 108  
San Marcos, CA 92078  
**760-744-1551**

**ConnectHearing.com**

\*Not valid with any other discounts, offers or prior purchases. Private pay only (not combinable with insurance or network). Not available at all locations.

## Liz Nixon's World of Cruise & Travel



Liz Nixon's World of Cruise & Travel

1-760-214-8999 Mobile

1-888-400-CRUZ (2789) toll free

[www.liznixonsworldoftravel.com](http://www.liznixonsworldoftravel.com)

An Independent Affiliate of Montecito Village Travel CST 2019108-10  
Exclusive! Must be booked through Liz Nixon's World of Cruise & Travel

**SERVING LAKE SAN MARCOS SINCE 1993!**

*Conde' Nast Top Travel Specialist  
Top 1% Virtuoso Cruise Icon Agent*



## 357 Golf Carts

**Your Place For Sales and Service. Whether You Are Looking At Purchasing A New, Used Or Sprucing Up Your Cart, We Got You Covered!**



**Give Us a Call Today To Schedule Your Service Today!!**

**357 Golf Carts  
2080 Las Palmas Dr.  
Carlsbad, Ca 92011  
760-683-9668**

[custom@357-golfcarts.com](mailto:custom@357-golfcarts.com)

**Now Offering**

- Lift Kits
- 6,8 and 12 Volt Wet Cell Installs
- Lithium Battery Conversions
- News Rims & Tires
- Nerf Bars, Fender Flares And So Much More!





PC  
Mac  
Laptop

# Computer Help

## Affordable Repair *On Site*

Malware Removal Tune-up  
Routers Computer Sales  
Data Backup & Restore

Friendly  
Instruction



**Call Tim Petrie**  
2014 Top Tech Exec Awards Nominee  
**760-805-2991**

**Brainon Computers**

Tim@BrainonComputers.com  
IT Network Administrator  
20 Years Experience  
MCSE CCNA

## Gail Carroll

Your trusted advisor and San Marcos Realtor®  
*Fine lake and coastal homes...*  
*Outrageous Service!*



DRE # 01458201



Voted "Realtor Award of Excellence for Carlsbad" by fellow agents"

- I'll develop the best strategy to market your home at fair price based on your circumstances and conditions.

- I'll leave no stone unturned to find your next home that meets all your needs.

- 2nd generation lake resident; active community volunteer.

- Helping people is my joy and passion! ❤️

Cell (760) 419-8311 JustMailGail@gmail.com



Lic # 1002121

**Terry Gilbert**

Phone: (760) 271-2476

TerryGilbertConstruction@Gmail.com

1039 San Pablo Drive. San Marcos CA. 92078

Serving all of your remodeling needs,  
big or small, with quality & integrity.

760-908-5164



**Gayelee Reynolds**

- In home organization/home office.
- Run errands
- Small office/ cold calls/ filing/ organizing.
- Water plants
- Walk Dog

PERSONAL ASSISTANT  
GAYELEEREYNOLDS@GMAIL.COM

**Estate Sale 760 505-6854**

*You can't do better than  
 California Estate Services!*

**Our Company will respectfully guide you through and  
 conduct the most profitable and professional**

**Estate Sale you could find anywhere.**

With 40 years' experience, lowest commission rates,  
 extensive marketing and extended sales hours, we  
 will maximize your proceeds as much as 50%+ over  
 our competition.

As a BBB A+ member you can feel safe and secure  
 with our fully licensed, commercially insured estab-  
 lished company with true office, warehouse and  
 showroom facilities located at Los Posas & Grand.  
 For on-site security, we proudly provide you with our  
 wireless, 7/24 "Video-Fi" video security system with  
immediate video transmission to the authorities.

Call Ralph at 760 505-6854

email: [estatesatthelake@gmail.com](mailto:estatesatthelake@gmail.com)

**Free Estimates - Many References**

## Our Family Takes Care of Your Family... with Alzheimer's Care

*It doesn't get better than that and we have the awards to prove it.*



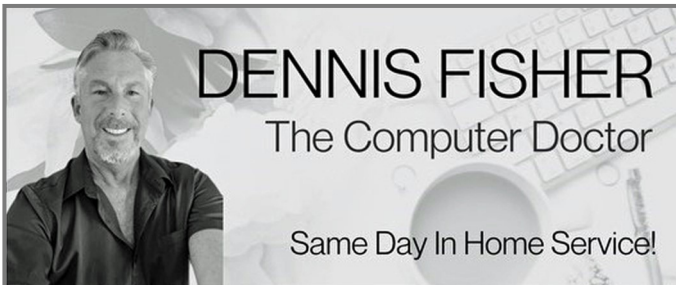
It's complicated, it's  
 specific, and we are  
 specially trained to  
 make your loved one  
 comfortable and cared  
 for. That's relief for you.



Call for a free in-home  
 consultation, (760) 909-2007.

[www.fmihc.com](http://www.fmihc.com)

Family owned since 2002.  
 Serving San Marcos and  
 Greater San Diego County  
 HCO #374700275



## DENNIS FISHER

The Computer Doctor

Same Day In Home Service!

Offering over 25 years of extensive experience  
 in mobile customer service throughout  
 San Diego and surrounding counties.

You can count on me to provide excellent  
 service, while receiving the highest level  
 of customer care!

Certified Computer Technician  
 Offering IT Services  
 Computer Repair  
 Home Installation & More!

Call or Text | 760-716-3664

## Van Der Linden Electric

*Three generations of ontime integrity*

- Ceiling fans / Interior lighting
- Security / Landscape lights
- 24 Hr emergency service
- Free estimates

**10 % Discount**  
 1st Time Clients

Steve Van Der Linden Phone: (760) 845-6308  
 E-Mail: [vdlelectric@sbcglobal.net](mailto:vdlelectric@sbcglobal.net) CSL#588197 ( C-10 )

## South Coast Painting

John A McCracken  
 Lic # 761965

Free Estimates

Bus./ Cell: 760 212-2484

You Name It, We Paint It!

Email: [johnmccracken72@yahoo.com](mailto:johnmccracken72@yahoo.com)

Jacque Baker Real Estate Services

## Property Management Services

Specializing in **Unfurnished** and **Furnished** short and long term rentals. I am selective in the properties I manage, qualifying tenants, continually monitoring the home, and inspecting the home for safety and usage activities. Your home receives **hands on care** and attention above and beyond what other Property Managers do. Call me for a complimentary discussion and estimate of rental or sales value.

*Your Greatest Asset is My Greatest Concern!*

DRE #00698705

760-744-9229

**92078Homes.com**

**JacQueBaker**

# 1st Choice PLUMBING

## HEATING AND AIR

**24/7**

**Emergency Service**  
**Water Damage**  
**Sewer Clean-Up**

- Water Leaks
- Clogged Drains
- Blocked Sewers
- Water Heaters
- Leak Detection
- Gas Leaks

- Air Conditioners
- Furnaces
- Thermostats
- Custom Duct Work



**YOUR NEIGHBORHOOD PLUMBER**

**760-453-5303 866-437-0205**

**www.1stChoicePlumbingSD.com**



**JUST A CALL AWAY, CALL TODAY**

CA LIC #972962 IICRC #181923



**Discovery Valley Animal Hospital**

**Lee A. Young, DVM**

565 Grand Avenue Suite 101  
San Marcos, CA 92078  
Phone: (760) 744-0032

discoveryvalleyrecords@gmail.com

discoveryvalleyvet.com

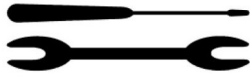
# Paint, Stucco, Drywall, & Demo,

Call for An Appointment. 760 975-2380

## Interested in advertising in the Quail Call?

*All LSMCA members receive the Quail Call monthly, and all ads appear on our website available to everyone.*

For advertising rates and details, email us at  
quailcall@lsmca.com



**ERIC JANSEN (760) 310-6610**  
**Handyman & LSM Neighbor**

**For Over 10 Years**

**Appliance-Removal-&-Installation**

**Drywall-Electrical**

**Painting-Plumbing-Roofing**

**Tile-Wood Repair-And More...**

**Your Neighborhood Honey Do List Eliminator**

**Patronize Your local  
Merchants & Advertis-  
ers**

**Let them know you saw  
their ad in the**

**Quail  
Call**

Committed to serve the community.

Contact our office for a no cost consultation  
regarding Estate planning

**VILLAGE LAW-P.C.**

**at**

**LAKE SAN MARCOS**

Attorney Alicia M. Skow

Our office is conveniently located at  
the lake:

1132 San Marino Drive, Suite 201

(The Executive Suites)

760-471-5244

Wills, Trusts, Estate planning, Probate and Trust  
Administration

Visit our website: <https://www.villagelawcenter.com>

# LAKE SAN MARCOS COMMUNITY ASSOCIATION

1030 La Bonita Drive, Suite 342, San Marcos, CA 92078

Phone & FAX: 760-744-4306 | Email: office@lsmca.com

lsmca.com | facebook.com/LSMCA2022

instagram.com/lake.san.marcos.communityassoc

**"BUILDING A BETTER COMMUNITY"**



**Quail  
Call**  
alphagraphics®

## July 2024 | Volume 20, Issue 7

Published monthly by Lake San Marcos Community Association  
For advertisement pricing & contract or an article send an Email  
to: [quailcall@lsmca.com](mailto:quailcall@lsmca.com)

Copy must be received by 5 PM on the 19th of the month to be published  
in the following month.

Dan Worrells, Editor | Adela Franco, Associate Editor |

Barbara Dove, Associate Editor, Sherri Sumner, Team Member

Scott Woodruff, Team Member Ken Seals, Team Member

**This Month's Editor**

***Dan Worrells***



The Lake San Marcos Community Association is a voluntary mutual benefit, non-profit corporation established to protect and promote the interests of residents in Lake San Marcos. For a copy of our objectives, please refer to our website. We publish an informative monthly newsletter, *"THE QUAIL CALL."*

The Quail Call will not publish deleterious comments or comments of a Religious or Political viewpoint or endorsement, nor publish ads requesting employees for solicitations.

***The LSMCA does not accept responsibility for the accuracy or reliability of the information in articles or advertisements appearing in the Quail Call. If you are quoting another's material, please include an attribution in your article.***

*The Board of Directors meet monthly on the second Thursday of each month at 4:00PM.  
Minutes of the Board meetings are posted in the Association office.*