



Quail Call

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

MARCH 2021

Visit your community Website — www.lsmca.com Volume 17 Issue 3

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 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.



1616 Circa Del Lago #C201
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FOR SALE - \$298,000



1682 Circa Del Lago #A110
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 Represented Buyer & Seller



1139 Delpy View Road
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SOLD - \$635,000
 Represented Seller



1245 San Pablo Drive - \$1,228,000
 4 bed / 3.5 bath - 2,723 sq. ft.
 Represented Buyer & Seller

Real Estate Challenge

Should I move out before I sell my Home?

Our client's challenge:

The Makers are an elderly couple who wanted to sell their home during the Covid-19 Pandemic. They were downsizing from 2,800 sq. ft. and moving into a condo under 1,000 sq. ft. on the east coast in order to be close to their children. Some cosmetic upgrades were needed, and they did not want people entering the home while they were there.

Our Solution: We sat down with the Makers and established a custom plan for their move that alleviated their stress. First, we determined which personal possessions would be moved and how to donate the remainder. A moving company was contacted to establish a date for packing and moving. Once established, we suggested the Makers fly out to the east coast prior to the day of packing. We delivered all donations to charities and took the remaining items to the dump. Next, our trusted contractors came in to complete: painting, flooring, and professional home cleaning as well as having a few minor repairs done. This helped to maximize the asking price. Because we have an extensive list of qualified buyers, we were able to sell their home for full price prior to the home going on the market, saving the sellers more time and money.

Not all sellers are able to move out of their home before listing it. Want to find out how The Davidson Group Realty can customize a plan tailored to fit your needs? Just give us a call for a FREE consultation.



The dental diet:

In the next few months we will be sharing a series of 10 nutrition strategies for healthy teeth, we hope you enjoy reading these articles and continue to share the information with family and friends.

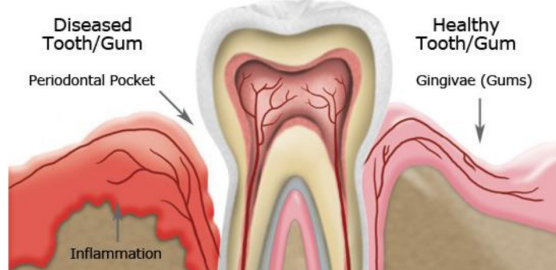
Nutrient deficiencies & oral health

Mucosal cells in our mouths turn over within three to seven days. So nutrient shortfalls or excesses will show up in mouth tissue before they show up anywhere else.

Periodontal disease is associated with lower blood levels of vitamins and minerals. And getting enough of specific nutrients can be important to successful treatment.

What do you need for healthy teeth and gums, and why? Here's a handy chart.

Nutrient	What you need it for
Protein	Tooth structure, mucosal/connective tissue development, and immune function.
Calcium	Tooth structure; may enhance enamel remineralization.
Phosphorus	Tooth structure.
Zinc	Mucosal/connective tissues and immune function.
Antioxidants	Mucosal/connective tissues and immune function.
Folate	Mucosal/connective tissues and immune function; low levels are associated with periodontal disease.
Iron	Mucosal/connective tissues and immune function.
Vitamin A	Mucosal/connective tissues and immune function. But be aware that getting too much from supplements may result in gum problems.
Vitamin C	Collagen maturation and to maintain the integrity of the periodontal ligament; mucosal/connective tissues and immune function.
Omega-3 fats	Mucosal/connective tissues and immune function; modulates the inflammatory response.
Vitamin D	Mucosal/connective tissues, immune function; may enhance enamel remineralization.
B vitamins	Epithelial cell turnover.



Periodontal disease

About half of American adults over the age of thirty have some form of periodontal, or gum disease. Gingivitis, or inflammation of the gum tissue, is an early stage problem. With proper care, you can reverse it. But if you don't, eventually the inflammation will lead to "pockets," or little spaces between the teeth and gums. Bacteria love to colonize these pockets, which can lead to periodontitis: the permanent destruction of the tissues that connect teeth to bone in the mouth. Not good. Symptoms of periodontitis include swollen or discolored gums, tender gums, bleeding gums, receding gums, change in tooth sensation when eating, loose teeth, tooth loss, and bad breath. And as if that weren't bad enough, when gums are inflamed and broken, harmful bacteria can enter the bloodstream more easily, leading to other chronic health problems. Periodontal disease is a risk factor for coronary artery disease. Why? We don't really know for sure, but apparently gum disease doesn't just signal inflammation; it also increases inflammation. And inflammation contributes to coronary artery disease. Interestingly, the same bacteria that colonize our gums have also been found in arterial-wall plaque. Periodontal disease can be treated with a procedure called root surface debridement.

Credit to: www.precisionnutrition.com/nutrition-teeth-dental-health



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List price: \$135,000
turnkey view end unit



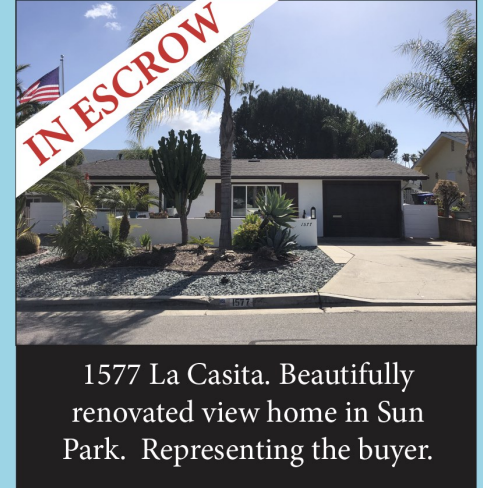
1669 Archer. 3+ bed 3.75 bath.
Sales price \$920,000 View home in
San Elijo. Represented the buyer



909 La Fiesta Way List price
\$524,990. Fabulous Renovation
in Sun Park



1712 San Pablo, 2 bed/2 bath on
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Sales Price \$600,000



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- 1880 Fairway Circle 2 Br 2 Ba \$3200 available June 21st



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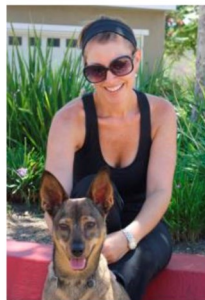


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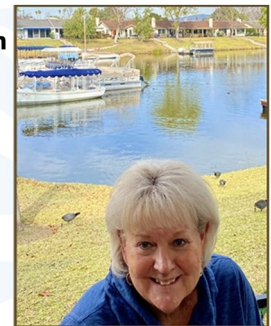


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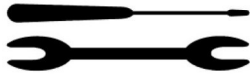
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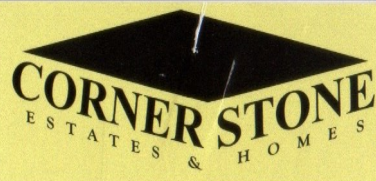


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Copy must be received by 5 PM on the 20th of the month to be published in the following month.

Dan Worrells, Editor—Adela Franco, Associate Editor—Barbara Dove—Associate Editor

MARCH 2021

This Months Editor: Dan Worrells

The Lake San Marcos Community Association is a mutual benefit, non-profit corporation, established to protect and promote the interests of residents in Lake San Marcos. Our Goal: (1) To study, evaluate, inform and represent the residents in matters of regulatory control of our area with the County of San Diego...(Land Planning, Storm Drainage, Streets, Water Quality, Fire Protection), Vallecitos Water District, S. D. County Sheriff, City of San Marcos and in matters affecting the quality of life of residents with Citizens Development Corporation-"CDC". (2) To administer compliance of Architectural Controls, CC&Rs and standards under our control. (3) To publish an informative monthly newsletter, "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 solicitation.

*The Board of Directors meet monthly on the second Thursday of each month at 3:00PM.
Minutes of the Board meetings are posted in the Association office.*

