



Quail Call

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

JANUARY 2020

Visit your community Website — www.lsmca.com Volume 16 Issue 1

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.

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2020

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Thank you to all of our wonderful clients for making our holiday party a huge **success!**

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1282 San Pablo Drive - 3 bedrooms, 2 1/2 baths - 2,305 sq. ft.

Great things coming in 2020...

We are working hard to provide our neighbors with FREE real estate information, informative meetings & seminars all conveniently located in our local office across from the Decoy. Stay tuned for upcoming details!





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1620 San Pablo Dr.
Upgraded GREAT ROOM golf course
home, 2 master suites + 3rd bed/bath
List Price \$975,000



1384 San Pablo Dr. 4 bed, 3.5 baths, 2
master suites, pool, golf course view,
2859 Sq. Ft. List price \$1,150,000



1251 Via San Jacinto. Represented buyer.
Sales Price \$625,065



1282 San Pablo) 3 bed, 2.5 baths, pool,
renovated, golf course view.
List Price: \$1,078,000

Please stop by the office to get your free copy of the Lake and Coast Real Estate annual community calendar. Enjoy seeing your friends and neighbors who participated in the FUN. Call Heide if you want to volunteer to take part in the 2021 calendar. It was so much FUN. And we look forward to doing it again.

For Sale: Manufactured Homes:

- 650 S Rancho Santa Fe RD #122 List price \$219,900
- 650 S Rancho Santa Fe RD #293 List price \$234,900
- 650 S Rancho Santa Fe RD #326 List price \$169,900 IN ESCROW
- 1930 San Marcos Blvd #460, List price \$149,000 IN ESCROW
- 1930 W San Marcos BLVD #423 List price \$339,900
- 2130 Sunset #93. List price \$168,500
- 1286 Discovery ST #99, List price \$289,900

OUT OF AREA

- 1208 Gamble Ste., Escondido 3 bed/2bath with huge, buildable adjacent lot \$519,999 IN ESCROW
- 2110 Skyview Glen, Escondido SOLD Sales Price \$460,000
- 2407 Teaberry, 2 bed/2 bath, Escondido, IN ESCROW List price \$435,000

RENTALS

- For Lease 4 bedrooms on golf course. \$3200 mo
- For Rent. Furnished Vac Rental Lakefront 3 bd \$4300 mo
- For Rent Furnished Vac Rental, 3 bd \$3500 mo
- 2 bd with views of Lake on Mall 2. Updated NICE. 1 or 2 year lease \$3500 mo





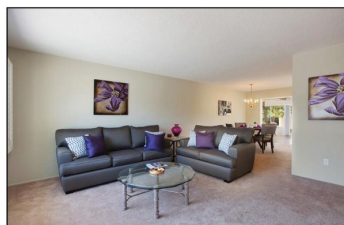
Featured Listing

1210 Via Apuesto
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 2 bed + loft/2.5 bath - 1,514 sq. ft.
FOR SALE - \$570,000

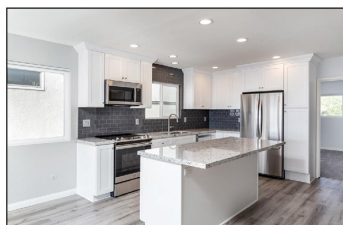


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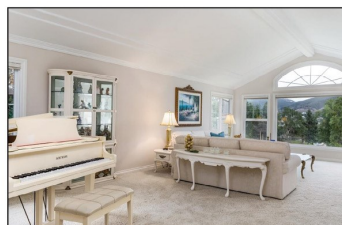
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1537 La Casita Ave
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2445 Newcastle Drive
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 3 bed/2.5 bath - 1,357 sq. ft.
FOR RENT
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1231 La Casa Drive
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 3 bed/2 bath - 1,920 sq. ft.
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Representing Buyer & Seller



1644 Via Brisa Del Lago
 Lake San Marcos
 3 bed/2 bath - 1,740 sq. ft.
IN ESCROW
Representing Seller



1026 San Julian Dr
 Lake San Marcos
 2 bed/2 bath - 1,519 sq. ft.
IN ESCROW
Representing Seller



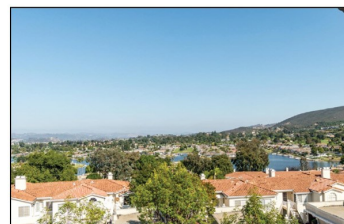
1584 Caminito Aguar
 Lake San Marcos
 2 bed/2 bath - 1,076 sq. ft.
IN ESCROW
Representing Seller



1132 Los Campaneros
 Lake San Marcos
 2 bed/2 bath - 1,740 sq. ft.
SOLD - \$548,000
Represented Seller



1253 Camino Del Lago
 Lake San Marcos
 3 bed/2 bath - 1,740 sq. ft.
SOLD - \$810,000
Represented Buyer & Seller



1666 Via Ocioso
 Lake San Marcos
 3 bed/2 bath - 1,740 sq. ft.
SOLD - \$529,650
Represented Buyer & Seller



1102 Red Hawk Way
 San Marcos, CA 92078
 4 bed/2.5 bath - 1,751 sq. ft.
SOLD - \$607,000
Represented Buyer & Seller



1327 San Julian Drive
 Lake San Marcos
 3 bed/2 bath - 1,992 sq. ft.
SOLD - \$807,000
Represented Buyer & Seller



1502 San Pablo Drive
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RENTED - \$3,000 per month



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Periodontal disease is a systemic disease

Exactly what are we trying to accomplish in our efforts to manage periodontal disease?
Dr. Richard H. Nagelberg suggests an effective way to approach treatment.

The prevailing understanding of periodontal disease in the dental profession includes the localized nature of the disease, which then extends to the rest of the body through ulcerations in the gingival epithelium. The ulcerated pocket lining is an open door to the capillary beds in the subjacent connective tissue. The bacteria walk right through that open door into the blood vessels, the heart pumps a few times, and live bacteria and their endotoxins are spread all around the body. But is this scenario really the case?

Local or systemic?

Is periodontal disease, perhaps, a systemic disease with localized oral manifestations even though it originates in the mouth? Is diabetes localized to the pancreas due to the inadequacy or lack of insulin production, or is it a systemic disease? The systemic effects of diabetes are well-known, but there are also localized effects from the two- to threefold increased risk of pancreatitis in diabetic individuals. The same can be said for other diseases and conditions, including rheumatoid arthritis.

Does it really matter?

Indeed, it does matter for both periodontal disease and diabetes. If the medical profession concentrated merely on the pancreas instead of the total-body manifestations of uncontrolled diabetes, many people would suffer diminished quality of life and diminished life span. Unfortunately, that is exactly what we do in the dental profession. We concentrate only on the oral cavity without consideration of the systemic effects of periodontal disease.

The oral contribution to the total inflammatory burden is not minimal; on the contrary, it is very significant. If one ingrown toenail can elevate blood sugar levels, think of the surface area of the gingiva involved in moderate to severe periodontitis. Estimates indicate it is about the size of the palm. The total inflammatory burden contributes to an elevated likelihood of cardiovascular diseases, among others.

Every inflammatory condition from an ingrown toenail to periodontal disease and everything in between contributes to the total inflammatory burden.

Exactly what are we trying to accomplish in our efforts to manage periodontal disease?

It varies depending on how we think about it. If we consider periodontal disease as limited to the oral cavity, then our endpoint is reduction in pocket depths, bleeding, swelling, etc., without regard to the rest of the body. If we consider periodontal disease to be a systemic disease with local lesions, the endpoint is lifelong reduction of inflammation to minimize the oral contribution to the total inflammatory burden.

Will both approaches accomplish the same thing?

They might, depending on the thoroughness of the clinician. This includes debriding every lesion meticulously and using adjunctive antimicrobials, because mechanical instrumentation, while necessary, has limitations. Bacteria are hiding around the microscopic nooks and crannies around the cemento-enamel junction inside dentinal tubules and gingival epithelial cells. The instruments that can access these areas have not been invented yet. Clinical thoroughness would also entail understanding *why* bacteria accumulate where they do for each patient, recommending home-care instruments for each of these sites, and scheduling different maintenance intervals for each patient depending on how their disease responds to treatment and home care.

Considering pocket depth reduction, the endpoint of therapy is inadequate as is, accepting bleeding around the same sites, visit after visit, month after month, year after year. If we shift our thinking to *lifelong reduction of inflammation*, we are going to figure out how to get those bleeding sites under control—whatever it takes. Just something to think about.

It's a new year, which means insurance benefits have renewed! Make sure to take advantage to maintain a beautiful and healthy smile!

Happy
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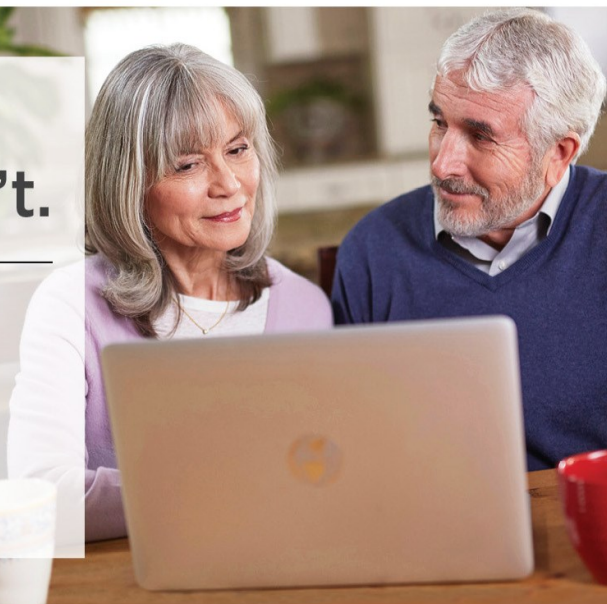
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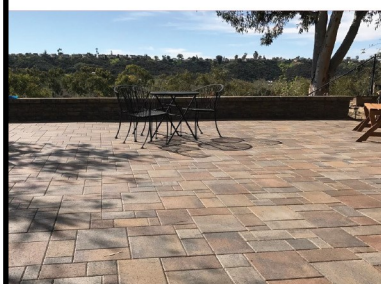
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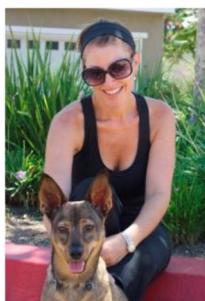
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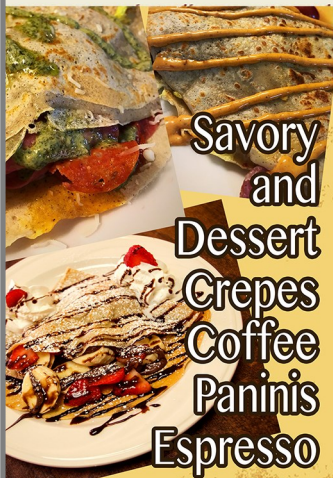
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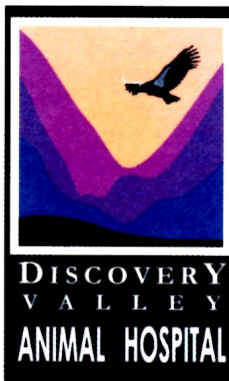


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Dan Worrells, Editor—Adela Franco, Associate Editor—Barbara Dove—Associate Editor
Bob Kreis, Editor Emeritus

JANUARY 2020

This Months Editor: Adela Franco

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 1:00PM.
Minutes of the Board meetings are posted in the Association office.*

