



Quail Call

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

OCTOBER 2019

Visit your community Website — www.lsmca.com Volume 15 Issue 10

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 first-class to all members of the Association and includes 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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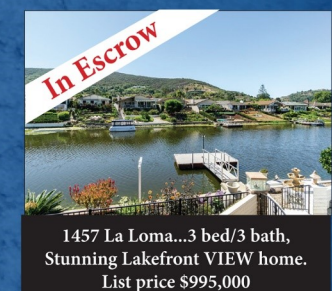
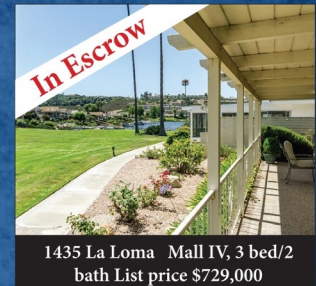
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OUT OF AREA

1208 Gamble Street, Escondido 3 bed/2 bath with huge, buildable adjacent lot \$539,000 for sale

8494 Mesa Heights Rd, Santee, 3 bed/3 bath with 180 degree city lights and mountain views \$755k for sale IN ESCROW

RENTALS

1468 La Loma Lakefront - \$4000 month

858 LaTierra Dr. - \$3000 month



The dangers of DIY sleep appliances

There is yet another do-it-yourself fad that deserves the attention of dental professionals: sleep appliances.



In the midst of concerns about direct-to-consumer orthodontics, there is another do-it-yourself fad that deserves our attention: sleep appliances. A myriad of mandibular advancement appliances designed to treat sleep-related breathing disorders have flooded the market during the past few years. Dentists have their work cut out for them deciding which appliance they believe will best treat their patients' conditions. However, there have also been a number of direct-to-consumer appliances that customers can order online or purchase in a local pharmacy. These are sometimes affectionately referred to as the "boil-and-bite" category. There are some procedures patients can do for themselves (e.g., non-prescription-strength whitening), and there are some procedures that are best left to trained professionals. Fortunately, there aren't any DIY tooth extraction kits being sold in stores, and I don't foresee that happening anytime soon. That's because the dangers of someone removing their own tooth are obvious. But when it comes to tooth movement or opening an airway, the perils of unsupervised dentistry become murky and can take years to present themselves. That does not make them any less dangerous, however.

Here are some of the concerns our profession has with DIY sleep appliances:

- 1. Ineffective management of sleep apnea**—Without the supervision of dental or medical professionals, a boil-and-bite appliance may be improving snoring without actually treating the sleep apnea. Thus, the improvement of a symptom leads the person to believe the condition is cured.
- 2. Bite changes**—It is known that oral appliance use can lead to changes in occlusion. Not all of these changes are necessarily harmful, but it's important for them to be monitored by a dentist. If someone uses a DIY appliance and fails to adequately cover all occlusal surfaces of his or her teeth, then long-term use of the appliance could lead to more severe bite changes.
- 3. Appliance fracture or inability to be used**—Professional appliances are custom made to each case, ensuring proper thickness of material and adaptation to the dentition. Boil-and-bite appliances are more likely to be fragile and/or poorly adapted to the teeth, thus increasing the likelihood of fracture or dislodgement during sleep.
- 4. TMJ issues**—Patients with underlying TMD should proceed with caution when using an oral sleep appliance. A dentist will establish a baseline for range of motion, muscle health and soreness, and other signs of TMJ function or dysfunction. Without monitoring TMJ health prior to and during appliance use, a DIY customer may introduce or exacerbate a TMD.

Our profession should seek to educate the public about these dangers and push back on companies that neglect their customers' safety.

Thank you Chris Salierno, DDS



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(760)471-0475

Happy Halloween



Featured Listing

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1328 San Pablo Drive
Lake San Marcos
3 bed/3 bath - 2,811 sq. ft.
IN ESCROW
Representing Seller & Buyer



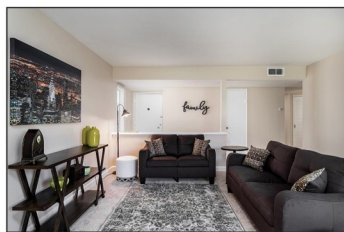
1362 San Pablo Drive
Lake San Marcos
3 bed/2.5 bath - 2,517 sq. ft.
IN ESCROW
Representing Seller



1139 La Sombra Drive
San Marcos
Lot Size: 34,898 sq.ft. (0.8 acre)
IN ESCROW
Representing Seller



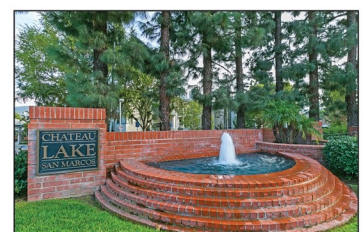
1541 Via Entrada Del Lago
Lake San Marcos
2 bed/2 bath - 1,533 sq. ft.
SOLD - \$799,900
Representing Seller



568 Carrie Circle
San Marcos, 92069
2 bed/1.5 bath - 1,061 sq. ft.
SOLD - \$383,900
Represented Seller



740 Foxhall Court
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Lake San Marcos
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SOLD - \$117,500
Represented Buyer

8 Questions To Ask Before You List Your Home with a Realtor

1. Do they live in Lake San Marcos and for how long? *Hiring an out of area Realtor means they will not be familiar with all the nuances of the 27 HOA's and all the changes in our community.*
2. Do they own their home in Lake San Marcos? *If they don't, they may not have a vested interest in keeping the values high.*
3. How many homes have they sold in Lake San Marcos in the last twelve months?
4. Do they provide professional staging at no cost to you? *An empty home sells for way less and takes longer to sell.*
5. Do they hire a professional Photographer to showcase your home and who pays for it? *Almost everyone today starts their search for their home on the internet. If the photos don't grab them right away, you lose them forever!*
6. Do they use a professional Transaction Coordinator to review your file? *This minimizes the potential legal liability to you long after the sale is complete.*
7. How many Open Houses do they conduct in a month?
8. How many active prospects do they have in their database that may be ready to buy your home right away?

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WHERE?

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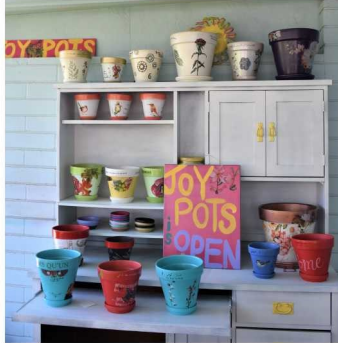
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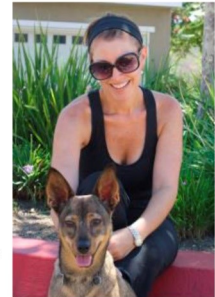
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Dan Worrells, Editor—Adela Franco, Associate Editor—Barbara Dove—Associate Editor
Bob Kreis, Editor Emeritus

OCTOBER 2019

This Months Editor: Bob Kreis

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.

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.

