



# HERITAGE AT CONCORD SQUARE II COMMUNITY ASSOCIATION

M A Y / J U N E 2 0 0 9

## Contact Information

### *Community Manager*

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(888) 596-4984

### **MERIT Property Management, Inc.**

6256 Greenwich Drive, Suite 130  
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## Board of Directors

Cynthia Haines, *President*

Dale Kroll, *Secretary/Treasurer*

Alex Cantu, *Member at Large*

Glenn Santella, *Member at Large*

## Brief Summary of Last Meeting's Minutes

- Appointment of Glenn Santella to the Board of Directors
- Election of Alex Cantu to the Board of Directors

## New Community Manager

The Heritage at Concord Square II Community would like to extend a welcome to new community manager Brian Kalmenson. Brian is a detail-oriented manager who will look to address any and all community issues as they come. He looks forward to both getting to know the community as well as becoming a part of it.

If you have any questions for Brian, please contact him at (858) 657-2170 or [bkalmenson@meritpm.com](mailto:bkalmenson@meritpm.com).

## Termite Questions and Answers

### *Q. Why are infestations often discovered during March – May?*

A. Spring typically is when large numbers of winged termites, known as “swarmers,” emerge inside homes. In nature, termites swarm to disperse and start new colonies. Triggered by warmer temperatures and rainfall, the winged termites emerge from the colony and fly into the air.

The swarmers then drop to the ground, shed their wings, pair off with a mate and attempt to begin new colonies in the soil. Few swarmers emerging outdoors survive to start new colonies. Swarmers emerging indoors are incapable of eating wood, seldom survive and are best removed with a vacuum. They do, however, indicate that an infestation is present.

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## BOARD MEETING

The next board meeting will be held on Monday, May 18, at 6:15 p.m. at the Presbyterian Church located at 8081 Mira Mesa Boulevard, San Diego.

## FINANCIALS

For the month ending February 28, 2009, the association accounts reflect \$10,130.67 in operating funds, \$147,570.43 in reserves with total assets of the association at \$157,701.10.

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**Q. How will I know if my home is infested?**

A. Discovering termites indoors almost always indicates an infestation warranting treatment.

People often confuse winged termites with ants, which often swarm at the same time of year. Termites can be differentiated by their straight antennae, uniform waist and wings of equal size. (Ants have elbowed antennae, constricted waists and forewings that are longer than the hind wings.)

**Q. Have I been “cheated” if termites continue to infest my house after treatment?**

A. Not necessarily. Unlike other services such as plumbing or electrical work, termite control involves living creatures. The best treatments performed by knowledgeable firms may fail at times when termites find their way through tiny, untreated gaps in the soil. While the intent is to establish a continuous, impenetrable chemical barrier, this is all but impossible to achieve in actual practice. In the case of baits, it may take several months for termites to initially find the below-ground installations and several months more to achieve control.

## Respectful Parking

When parking within the community, please remember to be considerate of others and make sure to park within the painted lines. Pulling into a parking spot can be difficult at times, but it becomes especially difficult when the car next to you pulls clear over the dividing line, leaving you very little room to operate. In order to avoid any such instance, please mind your neighbors and check that your car is always between the parking lines.

## Eating with the Seasons and Healthy Weight Management

Within the framework of Chinese Medicine the human body is no different than the rest of nature. Our bodies are made up of hills and valleys. We can have floods and droughts. The key to wellness, or meeting any of our health goals, is to balance our internal environment.

When our bodies are carrying an excess of weight, it is often a byproduct of too much dampness in the body, which can be addressed by warming and drying the digestion. We accomplish this by eating small amounts of simple bland foods. Gentle moderate exercise will help move the thick heavy fluids that are congesting the body and begin to restore balance.

It is important to eat right for your body type as well as identify any obstacles that may be slowing down your ultimate success.

Five simple steps to set you on your path to wellness:

1. Increase your intake of water
2. Drink two to three cups of green tea per day
3. Cut out package and processed foods
4. Fit in at least 20 minutes of walking into the middle of your day
5. Start your day by writing down your health and life goals and refer back to them when faced with decisions throughout the day

In addition to these suggestions, it is important to eat with the seasons. In today's world, we have access to everything all of the time. Choose from fruits and vegetables that are in season in your particular microclimate.

The most important ingredient to healthy eating is thoughtful enjoyment. So take a little extra time and the results will be worth every bite.

*This article was submitted by Teri L. Carrick, L. Ac., Dipl OM, a licensed Acupuncturist and Herbalist on staff at Spa Gregorie's – [www.spagregories.com](http://www.spagregories.com).*

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