



Quail Call

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

AUGUST 2018

Visit your community Website — www.lsmca.com Volume 14 Issue 8

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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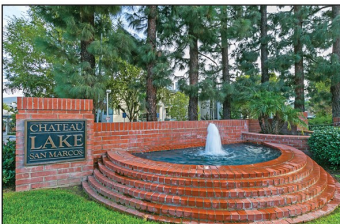
1787 San Pablo Dr
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SOLD - \$725,000
 Represented Seller



1508 Circa Del Lago #B302
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Study Finds Drinkers Have Different Mouth Bacteria Than Nondrinkers

Research links drinking alcohol with disease-causing bacteria in the oral microbiome

When it comes to having a healthy smile, most wine drinkers are concerned with what wine does to their teeth. But a recent study on alcohol and oral health has focused attention down to a microscopic level.

The study by New York University (NYU) researchers, published April 24 in the online journal *Microbiome*, looked at how drinking habits can influence the oral microbiome (the abundance and types of bacteria that inhabit your mouth). The researchers employed data on 1,044 U.S. adults between the ages of 55 to 87, who are participating in two ongoing national cancer trials.



Of the participants, 614 were moderate drinkers, 160 were heavy drinkers and 270 were nondrinkers. The study used the American Dietary Guidelines definition for moderate drinkers: women who had up to one drink per day, and men who had up to two drinks per day. Women and men who had more than one and two drinks per day, respectively, were considered heavy drinkers in this study.

Participants provided mouthwash samples, along with information about their alcohol consumption from the past year (from around the time that their oral wash sample was collected), including frequency of consumption, serving sizes and types of alcohol consumed. The researchers analyzed lab tests results to determine the type and quantity of oral bacteria in each. They then graphed out the results to determine which bacteria appeared to be more or less frequent among heavy, moderate and non-drinkers.

Compared to nondrinkers, both men and women who have one or more drink per day had more harmful bacteria in their samples, including *Bacteroidales*, *Actinomyces* and *Neisseria* species; they appeared to possess fewer *Lactobacillales*, which are commonly used in probiotic food supplements to prevent sickness. Some of the so-called "bad" bacteria found at higher levels in drinkers' mouths have previously been linked to gum disease, heart disease and some cancers.

Possible explanations for these microbiome imbalances, according to an NYU statement on the study, include alcohol's high acidity, which might make the oral environment hostile for certain bacteria, or the byproducts that come from the body's breakdown of alcohol, such as acetaldehydes.

However, this isn't to say that a daily glass of wine will ruin your gums or lead to a heart attack or cancer. First of all, there were not enough wine-, beer-, or spirits-only drinkers to determine whether type of alcohol plays a role in the mouth's bacteria balance. Previous studies have shown that both wine and winemaking components have the potential to inhibit the growth of harmful bacteria in the mouth.

This study could be used as a jumping-off point for future research. The research team's next steps are to determine the mechanisms by which alcohol affects the oral microbiome. This, in turn, could help scientists develop ways to rebalance the bacteria levels in the mouths of drinkers and minimize health risks for wine lovers.

*www.winespectator.com

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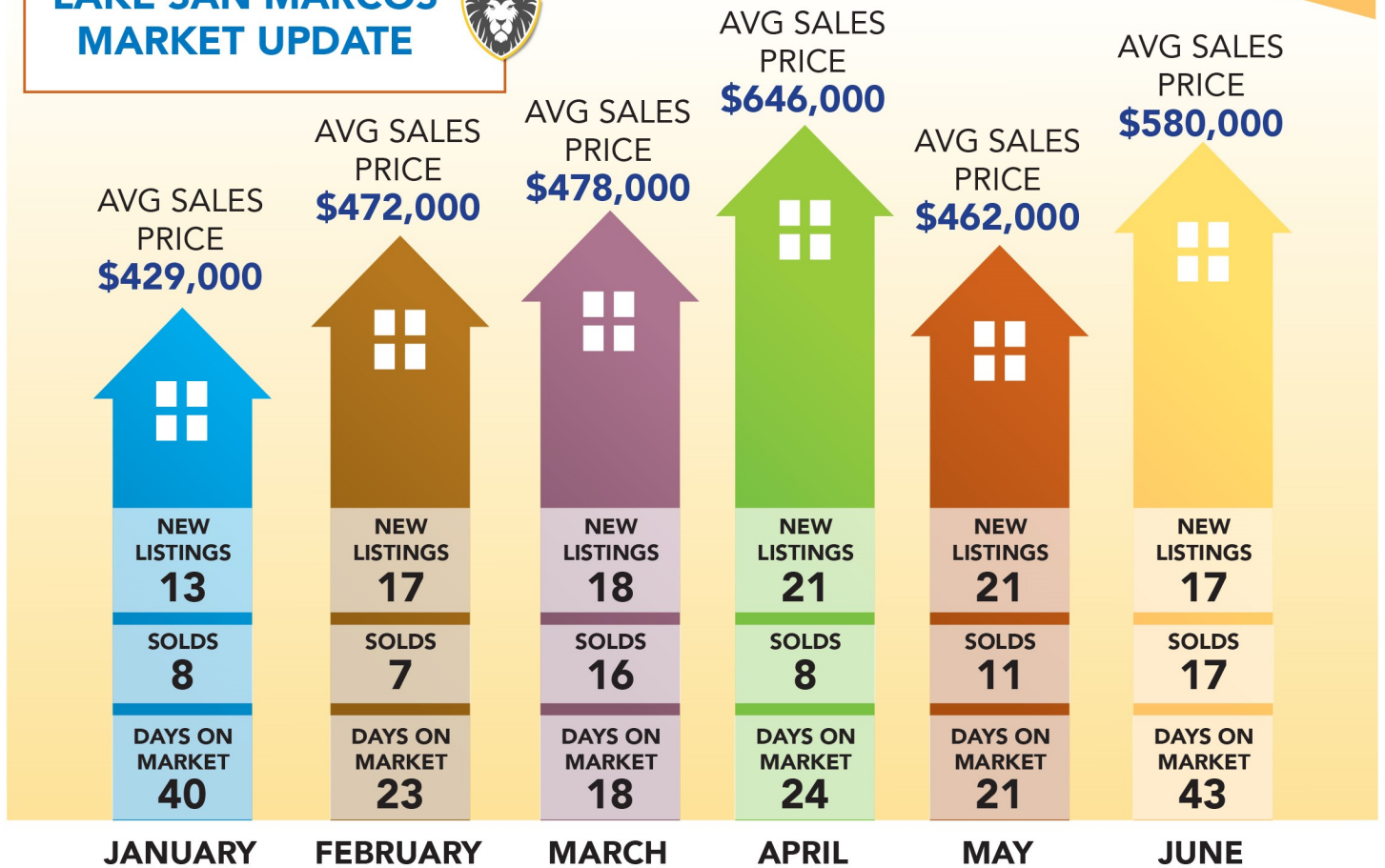


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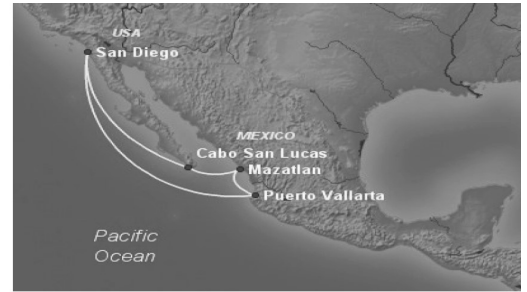
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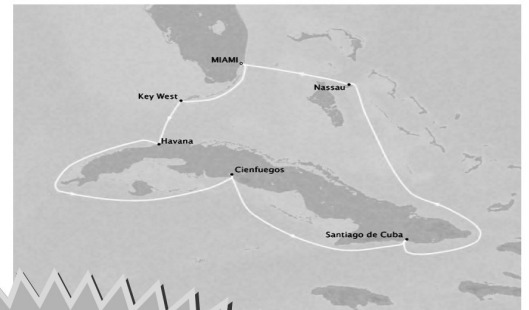


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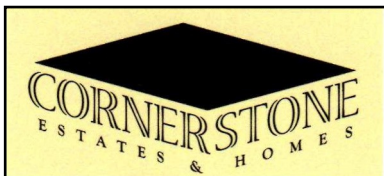
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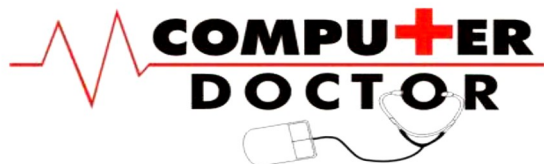


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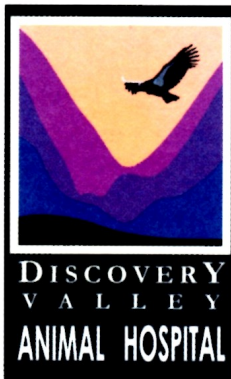
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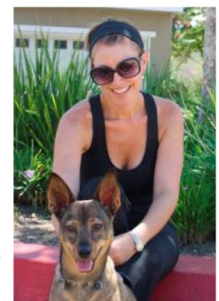
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<u>For Issues Concerning:</u>	<u>Contact</u>
CDC, Lake, Recreational Facilities	760-653-3220
Boat Docks & Marina	760-519-6262
Neighborhood Security LSM (Subscribers only)	760-744-0811
Criminal Activities - SD Sheriff's Dept.	760-510-5200
Traffic/Parking/Accident - Highway Patrol	760-643-3400
Curbs, Street Lights	858-694-3850
Storm Water Hotline (Illicit Discharge into Drains)	760-481-3878
Building Code Enforcement	858-694-2705
Animal Control Services	760-740-4290
Vector Control (Dead Birds, Pests, Rodents)	858-694-2888
Garage Sales / Home Use / Noise / Graffiti - SD County Code Enforcement	760-940-2893

Code Compliance investigates the following:

- Storage of solid waste
- Abandoned, inoperable and junk vehicles on private properties
- Construction without building permits
- Grading without a permit
- Clearing brush and vegetation without a permit
- Businesses not allowed to be operated out of a residence
- Storage of commercial vehicles on residential properties
- Too many animals
- Animals being kept in pens too close to a property line
- Noise
- Graffiti
- People living in trailers and RV's
- Prohibited signs



Quail Call

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 "BUILDING A BETTER COMMUNITY"

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This Months Editor: Adela Franco

AUGUST 2018

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.

~~ THE LAKE SAN MARCOS CLUB DATES ~~ 2018

Month	DEMOCRATIC CLUB	RACQUET CLUB	GARDEN CLUB (2)	KCN (6)	NEWCOMERS MIXER (2)	REPUBLICAN WOMEN (1)	YACHT CLUB (2)
January	13-Jan	9-Jan (8)	12-Jan	10&24-Jan	Dark	8-Jan	Dark
February	10-Feb	10-Feb	9-Feb	14&28-Feb	?-Feb	5-Feb	Dark
March	11-Mar	Dark	9-Mar	14&28-Mar	Dark	5-Mar	16-Mar
April	14-Apr	7-Apr	13-Apr	11&25-Apr	20-Apr	2-Apr	Dark
May	12-May	Dark	11-May	9&23-May	Dark	7-May	18-May
June	9-Jun	2&12-Jun (8)	8-Jun	13&27-Jun	1-Jun	4-Jun	Dark
July	14-Jul	Dark	Dark	11&25-Jul	Dark	Dark	4th Parade
August	11-Aug	4-Aug	Dark	8&22-Aug	To Be Announced	Dark	Dark
September	8-Sep	Dark	7-Sep	12&26-Sep	Dark	Dark	21-Sep
October	13-Oct	6-Oct	12-Oct	10&24-Oct	13-Oct	1-Oct	31-Oct
November	11-Nov	Dark	9-Nov	14-Nov	Dark	5-Nov	Dark
December	8-Dec (1)	1-Dec	14-Dec (1)	12-Dec	7-Dec	3-Dec	14-Dec
TIME:	12:30 PM	5:30 PM	9:30 AM	9:00 AM	5:30 PM	11:30 AM	5:30 PM
Informal Bridge 4th Sat (2)	LSM Writers 3rd Monday 10 to 12 (4) No Nov & Dec	Pickle Ball Tues & Thu 3:00 pm	Pop Tennis Men-Tue, Thu, Sat Women-Mon, Wed, Fri	Table Games last Wed 2:00-4:00pm (5)	Table Tennis Tue & Thu 6-8pm (5)		

Notes: (1)St. Mark Banquet Rm .. (2)The Pavilion .. (3)Picnic Grounds .. (4)Club Room .. (5)Conf. Center .. (6)LSMCA Board Room .. (7)Gallery Rm .. (8)Other