



# **Quail Call**

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

**OCTOBER 2018**

**Visit your community Website — [www.lsmca.com](http://www.lsmca.com) Volume 14 Issue 10**

**The Quail Call is a monthly publication of the Lake San Marcos Community Association**

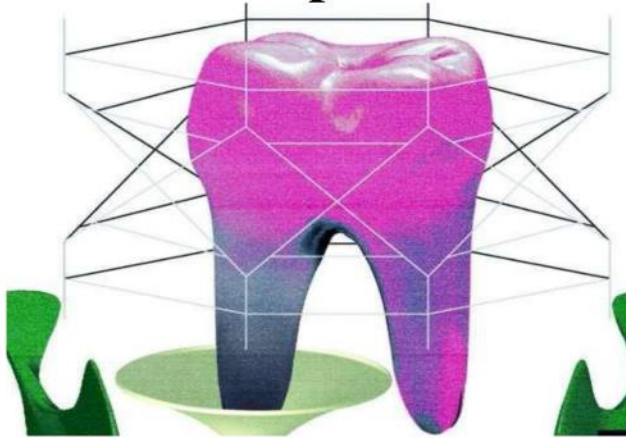
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**Copies of the printed Quail Call are mailed first-class to all members of the Association and includes articles of past and present activities from local clubs and organizations in addition to the advertisements.**

**The Community Association also publishes articles of special interest to its members in health, civic activities and learning.**

## Dental stem cells could revolutionize treatment for patients who face extractions



If you could implant living, vascularized teeth in the jaw, that could be a much better option than dentures or artificial implants, says Pam Yelick. Credit: Stuart Bradford

Losing teeth is part of childhood. For adults, however, missing molars or broken incisors require a manmade solution in the form of dentures or implants. Using dental stem cells to grow new teeth and jawbone would have advantages over existing tooth-replacement techniques, and could even be used to reconstruct a patient's jaw after a severe injury or disease, according to a researcher at the Tufts School of Dental Medicine who is trying to do just that.

Pam Yelick, G89, a professor of orthodontics and director of the division of craniofacial and molecular genetics, and her colleagues are developing ways to grow healthy new teeth and bone from dental stem cells—a type of "universal cell" that can morph into many different types of oral tissue. After harvesting the stem cells from healthy adult tooth pulp, Yelick's team isolates them in the lab and gradually coaxes them into forming new tooth buds, the tiny clusters of soft tissue that eventually grow into a mature tooth.

It's a revolutionary new way of treating damaged or missing teeth. Tooth buds, she says, are incredibly complex—they form only in conditions that mimic an embryonic jaw, in which bone, tooth, soft palate and gums are beginning to take shape.

Using stem cells is also a better solution than dentures, which some patients find uncomfortable, or fixed titanium implants, which "create a totally artificial situation," Yelick says.

Because an implant can't move, the repeated impact of chewing is transferred directly to the jawbone and surrounding teeth, causing gradual bone loss. "If you could instead implant living, vascularized tooth in the jaw, that could be a much better option," says Yelick, who also holds faculty appointments at the Sackler School of Graduate Biomedical Sciences, the School of Medicine and the School of Engineering at Tufts.

Just as in a developing human embryo, dental stem cells must receive the right mixture of nutrients and growth hormones at precisely the right times. It's nearly impossible to do that in petri dish, however. Instead, for the cells to grow into tooth bud tissue, they're placed on a "scaffold," a biological environment that mimics the three-dimensional structure of tooth buds as they form in an embryo.

Getting that structure just right is a big part of Yelick's challenge. For the cells to grow effectively, the scaffold needs to have the exact shape and elasticity of real embryonic tissue.

Her team is still experimenting with designing the right scaffold, testing materials ranging from polyester to silk—which can be formed into complex structures, yet degrades easily in the body—to find the best configuration.

Their work looks promising. Over the past several years, Yelick and her research team have used these scaffolds to develop tooth buds, implanted them in pig jaws and watched them develop into early-stage adult teeth over the course of five months. It's an encouraging sign, but she quickly notes that it will be years before we will be able to grow our own replacement teeth.

*\*Provided by Tufts University*

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**FOR SALE**  
 \$1,175,000



1290 Via Portofino  
 Lake San Marcos  
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**SOLD - \$565,300**  
 Represented Buyer & Seller



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 Escondido, CA 92026  
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**SOLD - \$490,000**  
 Represented Buyer



1405 Horizon Court  
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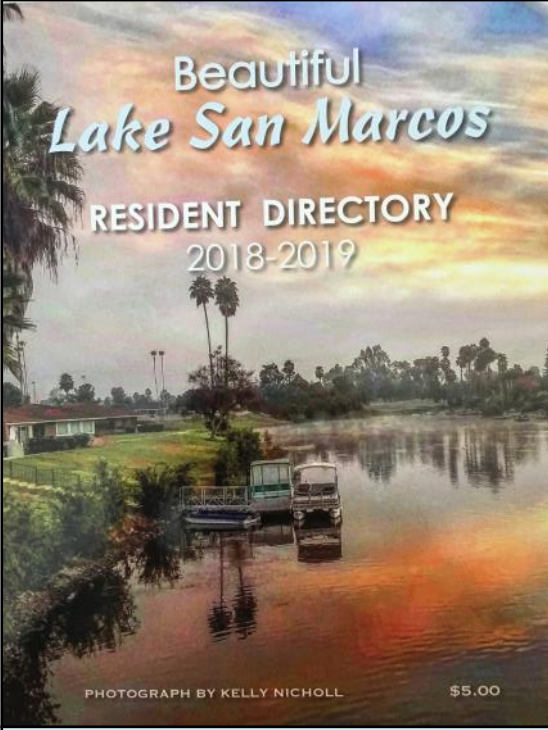
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1616 Circa del Lago #105 Chateau 1 bed.  
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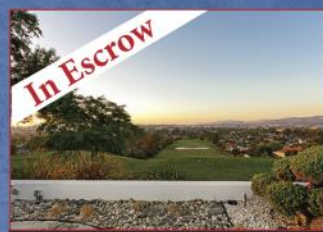
1558 Via Brisa Del Lago, 2 bed/2 bath  
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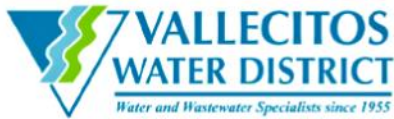
- 14095 Proctor Valley Road, Jamul – The Old Jamul Schoolhouse, est. 1890 • \$699,000 • **FOR SALE**
- 37560 Cruces Drive, Warner Springs – horse property, ~5 acres • \$458,500 • **IN ESCROW**
- 485 Montego Street, San Jacinto – vacant land with foundation in-place • \$74,500 • **FOR SALE**
- 6455 La Jolla Blvd. #203 • Sales Price \$590,000 • **SOLD**
- 5038 Milissi Way, Granny flat 2.5bath - Ocean Hills Seagate development - 10,000+ sq foot lot • List price \$799,999 • **IN ESCROW**

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- Country Greens Home; 3 Bd, 2 ba 1431 esf. 2 car garage, views. Available Sept 15th. \$2750/mo /12 month lease



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# 'Water Academy' Tour

Vallecitos Behind-the-Scenes 'Water Academy' Tour  
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Have you ever wondered how your drinking water is treated and delivered to your home or business, or how the water from your toilets and sinks is recycled to such high standards that it can be used for irrigation? You can have these and more questions answered by getting a behind-the-scenes look during our FREE award winning Water Academy tour.

Our certified water and wastewater specialists offer customers a first-hand look at what it takes to operate the Vallecitos Water District and provide reliable, exceptional and sustainable water and wastewater services to the more than 98,000 residents in our service area. Participants board a chartered bus for a first-hand look at the District's 33-million-gallon and 40-million-gallon capacity Twin Oaks Reservoirs, currently said to be the largest of their kind in the world. The grand finale of the tour is a visit to the District's Meadowlark Water Reclamation Facility in Carlsbad, capable of recycling up to 74% of the wastewater generated in our service area. At this facility, participants learn how microorganisms help clean the water and see how increased capacity from the recent plant upgrade benefits the community by lowering the overall demand for limited, imported water.

In addition to these destinations, other tour highlights include seeing how specialized equipment is used in the field to keep the wastewater flowing, visiting the Water Operations Department's computerized control room to see how the District ensures that the drinking water is safe, and touring the Sustainable Demonstration Garden where participants will learn easy steps to conserve water. Various presentations will also be given at the beginning of the tour where participants



*District staff takes customers on a tour of Meadowlark Reclamation Facility*

will hear an overview of the District and have an opportunity to have questions answered by staff and District Board members.

From conservation-leading, forward-thinking projects like the Meadowlark plant upgrade to the unique educational aspect of the Water Academy tour itself, Vallecitos Water District has proven itself a community leader ready to use out-of-the-box thinking to meet its customers' demands.

The tour begins at the District's Administrative Offices located at 201 Vallecitos de Oro, San Marcos.

Vallecitos customers or members of the media interested in participating in the next Water Academy tour are welcome to contact Alicia Yerman at (760) 752-7123 or register online at [www.vwd.org/wateracademy](http://www.vwd.org/wateracademy).



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 Web site—[www.lsmca.com](http://www.lsmca.com)  
**“BUILDING A BETTER COMMUNITY”**

## *Important Community Information*

General Emergencies	911
Lake San Marcos Community Association	760-744-4306
Architectural Control Committee	760-744-4306
<b><i>For Issues Outside the Jurisdiction of the LSMCA</i></b>	
<b><u>For Issues Concerning:</u></b>	<b><u>Contact</u></b>
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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Bob Kreis—Editor—Dan Worrells—Associate Editor—Adela Franco—Associate Editor

**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.*

