



Quail Call

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

JUNE 2019

Visit your community Website - www.lsmca.com Volume 15 Issue 6

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.



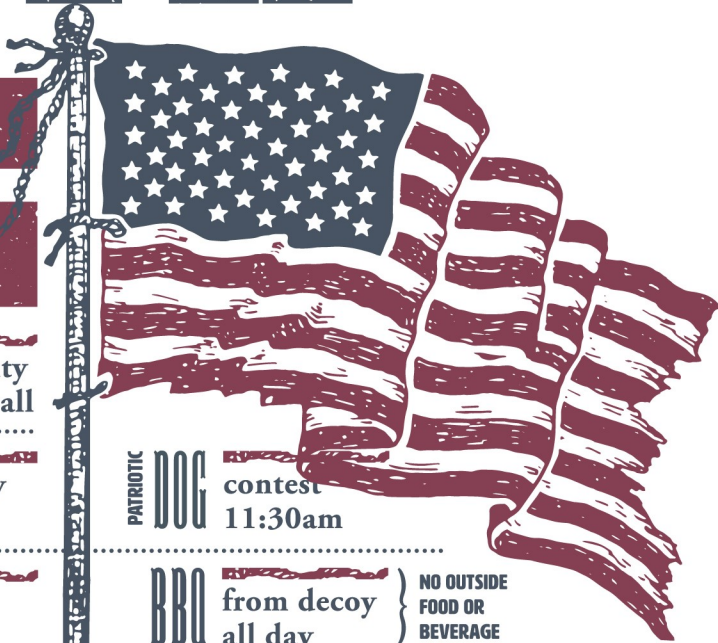
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JULY



4TH



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FREE community event for all

PURCHASE RIDE & activity tickets

GATE opens at 9am

PATRIOTIC SING along 10am

KIDS zone 11am-4pm

PATRIOTIC DOG contest 11:30am

BBQ from decoy all day } NO OUTSIDE FOOD OR BEVERAGE

ANNUAL BOAT parade 4pm

MUSIC from hullabaloo 3pm-4pm

JULY 4TH



LAKE SAN MARCOS

Freedom Choir Forming for Annual July 4 Lake San Marcos CELEBRATION (by Jim Brown)



JOIN this year's **FREEDOM CHOIR** and participate in our Patriotic Music and sing-a-long on July 4th.

Each year since 2010, the "Freedom Choir" has kicked off the Lake San Marcos Independence Day event with patriotic music, recognition of military veterans and fun family "Americana" sing-a-longs!

If you sing – even a little – come join us! It's fun, fast, friendly and patriotic!

Rehearsals will be Thursday evenings at the Conference Center (where the Lake Church meets on Sundays) from 6-7pm on June 6, 13, 20 and 27. You don't have to make every rehearsal, but we ask that you try to make at least two.

For more info call: Debbie Brown (760) 744-4302 or email her at teacherdeb@gmail.com. We look forward to seeing (and hearing) YOU!

Most Patriotic Dog Contest



What's your dog going to wear for the LSMCA sponsored Most Patriotic Dog Contest? July 4th will be here sooner than you think. All well-behaved dogs are invited to show their patriotic pride and vie for the trophy and title of the 2019 Most Patriotic Dog of Lake San Marcos. Dogs will be judged on their costumes and behavior (tricks are encouraged).

Registration is free. Fill out and submit the entry form at the LSMCA office or register on July 4 before the contest starts. You know your dog's the cutest, smartest dog ever – now is the chance to let LSM know it's the most patriotic, too.

Schedule of Events

10am

Lake Church Opening

- Color guard Intro
- Pledge of Allegiance
- Patriotic Music Sing along

11:00am

Food/Beverage Opens

Face Painting Begins

Sack Race

3 age group heats

11:30am

Patriotic Dog Contest

12:15pm

Watermelon Eating Contest

3 age group heats

1:00pm

Adult Hula Hoop Contest

1:15pm

Kids Hula Hoop Contest

1:45pm

Kids Musical Chairs Contest

2:00pm

Adults musical Chairs

2:30pm

Pie eating contest

3pm

Hullabaloo 2-30 min sets

4pm

Event ends

LSM Yacht Club Boat Parade begins

(all LSM boats welcome!)

DYNAMIC DUO... LOOKING FOR WORK

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1102 Jugador Court: Create Cozy Family Memories in this “Mountain Retreat” Inspired Home. Classic custom architectural lines compliment breathtaking views of two St Marks Golf Course fairways, mountains and city lights. 2900 sq.ft with 3 bedrooms, 2 full baths, and 2 half baths. High exposed beam ceilings, gorgeous stone floor to ceiling duel fireplace in large open living and dining room. Kitchen (22x18) with large island breakfast bar, two pantries, granite counter tops, many cabinets and drawers, plus desk area. Main floor spacious master suite (32x22) with fireplace, atrium, walk-in closet, large bath with double vanities and roomy shower/tub. 3rd bedroom designed with special play area for children. Massive wooden Trex deck with expands the full length of the home, with two levels and the majority covered, plus large conversation gas fire pit area. This home is unique and invites warmth with wonderful views from all rooms. For Sale \$979,000



137 Via Coronardo, Rancho Santa Fe: Stunning home on Morgans Run Gold Course features 3 bedrooms, 3 baths, 2 lovely outdoor courtyards and wonderful fairway views. Seller Financed...Sold for \$935,000.



1337 San Pablo Drive: Prestigious San Pablo Neighborhood. Beautifully cared for home with 1987 sq. ft., 3 bedrooms, 2 baths & family room with fireplace off kitchen. Ceiling fans, crown molding, duette shades on duel pane windows, many special features & immaculate throughout. \$695,000 Sale Pending



1515 Via Entrada Del Lago: Lake Front Gem. Breathing over 180 degree views. Located in fabulous Sunrise Pointe. 3 bedrooms, 2 baths, upgraded kitchen, vaulted ceilings and wood floors. Great open space outside patio and boat dock included. For Sale \$845,000

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1102 Jugador: 3 bed 2.5 bath. Custom home, amazing views. List price is \$979,000



1101 Jugador, 3 bedroom, 2.5 bath, 280 degree views. List price \$999,000- \$1,099,000



1337 San Pablo Drive: 1987 square feet, 3 bedrooms, 2 baths, family room with fireplace off kitchen. New patio cover. Asking price \$695,000



Shadowridge single story 2 bed/2 bath. List price \$505,000



1515 Via Entrada Del Lago, 2 bed/ 2 bath lakefront condo. List price \$845,000



1558 Via Brisa Del Lago. 2 bed/2 bath Waterfront with boat dock. List price \$779,000



1157 Countrywood Lane, Shadowridge golf course home. 3 bed/3 bath. List price \$783,000



1225 Rue St. Jean, The Colony. 2 bed/2bath. List price \$619,000

OUT-OF-AREA:

- 1208 Gamble St. Escondido, 3 be 2 bath, lot split ok, **COMING SOON**, List Price of \$525,000
- 18661 Pamo Wintercamp, Ramona **SOLD**, Sales price \$825,000
- 162 Hotel Circle **FOR SALE**. list price \$358,000
- 127 E 9th Ave, Escondido. **IN ESCROW** List price \$550,000-\$575,000
- 1809 Clare Lane, Santee **FOR SALE** list price \$410,000
- 8494 Mesa Heights, Santee **COMING SOON**. List price \$775,000

RENTALS:

Furnished Vacation Rental, 2 bed, 2 ba, 2 car garage. Views. All new upgrades and furnishings. 1 month minimum rental \$3000/ mo.



Measles: How Dentistry Can help Slow Outbreak through Diagnosis



We may see a record-breaking number of measles cases in the United States for the first time this year, the highest since the elimination of measles in the year 2000. From January 1 through April 19, there have been 626 individual cases of measles confirmed in 22 states. As dental professionals, do we play a role in this outbreak? The answer is yes. The measles has two phases: a prodromal stage and an exanthem stage (this is the widespread rash stage). During the prodromal stage, one of the first signs of measles occurs in the head and neck region, including the oral cavity. Koplik's spots, an early symptom of measles, appear as tiny grains of white sand surrounded by a red ring. They are especially prevalent on the insides of the cheek adjacent to the first and second molars. These lesions appear two to three days before other symptoms, and they have been noted in 50% to 70% of patients with measles.⁵Koplik's spots may alarm patients and send them running to their dentist to have these lesions evaluated. Due to vaccines and the suppression of many infectious diseases, including measles, many dental professionals have never seen these lesions firsthand. In addition to observing Koplik spots in the prodromal stage, patients may also present with fever, conjunctivitis (pink eye), coryza (inflammation in the mucous membrane of the nose), and coughing. The pediatrician, Dr. Henry Koplik, was the first to describe these spots and associate them with early signs of measles. Diagnosing contagious and deadly diseases such as measles without modern-day diagnostic tests was no easy task. In the 19th and 20th century, early diagnosis of measles was crucial in reducing the number of people infected.⁶ Dr. Koplik's description of these oral lesions in his own words: "We see a redness of the fauces; perhaps, not in all cases, a few spots on the soft palate. On the buccal mucous membrane and the inside of the lips, we invariably see a distinct eruption. It consists of small, irregular spots, of a bright red color. In the center of each spot, there is noted, in strong daylight, a minute bluish white speck. These red spots, with accompanying specks of a bluish color, are absolutely pathognomonic of beginning measles, and when seen can be relied upon as the forerunner of the skin eruption."⁵ By identifying Koplik's spots, we can assist in early diagnosis and reduce the number of individuals exposed. Studies show the measles virus is associated with profound and prolonged immunosuppression for weeks to years following clearance of the virus. This is possibly due to suppression of lymphocyte proliferation.⁷ This information should make dental professionals hyperaware of the increased risk of oral bacterial infections, viruses, and fungal infections in patients recovering from the measles. Immunosuppression affects defense mechanism found in the oral cavity and creates the perfect conditions for the proliferation of bacteria and the overgrowth of fungus. The most current reports from 2016 state that 91.1% of the US population has been vaccinated for measles. However, vaccine levels continue to vary with vaccine levels below 90% in some areas. Pockets of unvaccinated people exist in some states with high vaccination rates, causing susceptibility at some local levels. The World Health Organization has committed to eliminating the measles by the year 2020.⁸ With the current number of cases, I'm not sure they will meet their goal. Dental professionals can be a front-line defense in reducing the spread of measles by being aware of early symptoms. Though Fordyce granules have been mistaken for Koplik's spots in the past, referring patients with suspicious oral lesions to their medical doctor is advised, especially in areas that are experiencing an outbreak. **Spring Hatfield, RDH** <https://www.todaysrdh.com/measles-how-dentistry-can-help-slow-outbreak-through-diagnosis>



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1606 Via La Plaza
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932 La Sombra
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 3 bed/2 bath - 1,800 sq. ft.
SOLD - \$727,000
 Represented Seller



1950 Fairway Circle Drive
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 2 bed/2 bath - 1,150 sq. ft.
SOLD - \$403,900
 Represented Seller



1568 San Pablo Drive
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 3 bed/2 bath - 2,110 sq. ft.
SOLD - \$890,000
 Represented Buyer



1362 San Pablo Drive
 Lake San Marcos
 3 bed/2.5 bath - 2,517 sq. ft.
SOLD - \$835,000
 Represented Buyer & Seller



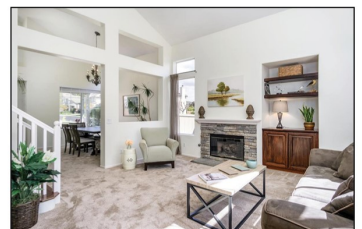
1110 San Pablo Drive
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 2 bed/2 bath - 1,624 sq. ft.
SOLD - \$650,000
 Represented Buyer



1560 Circa Del Lago, D202
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 2 bed/2 bath - 1,030 sq. ft.
SOLD - \$243,000
 Represented Seller



1945 San Pablo Drive
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SOLD - \$630,000
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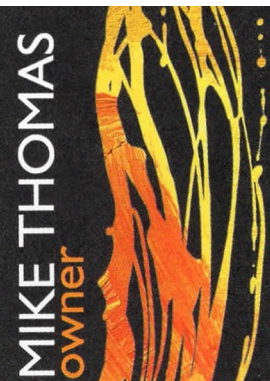


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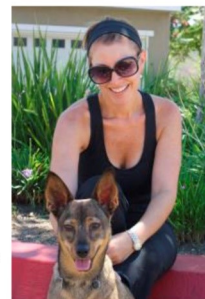
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Web site—www.lsmca.com

“BUILDING A BETTER COMMUNITY”

Important Community Information

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

JUNE 2019

This Months Editor: Dan Worrells

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.

