



Quail Call

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

NOVEMBER 2019

Visit your community Website — www.lsmca.com Volume 15 Issue 11

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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3 bedrooms, 2 baths

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\$999,000 (Represented Buyer)

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full price before listed
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THE FAIRWAYS OCEAN VIEW HOME

1217 Via Rafael
1642 sq ft
2 bedrooms, 2 baths

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for over asking price
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(Represented Buyer)

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706 Vereda. 3+ bed, 2.5 bath. Open floorplan, single story, pool. List price \$875,000

SOLD
1435 La Loma Mall IV, 3 bed/2 bath sales price \$735,000

In Escrow
1303 San Julian IN ESCROW. List price \$999,000 represent buyer

SOLD
1222 Via Viento Suave, 3 bed/2 bath Sunrise Pointe. Sales price \$542,000

SOLD
1019 Susana Sales price:\$375,000 represent buyer

For Sale
1781 San Pablo - 2 bed/2 bath townhome on Mall 1 with Lake Views. List price \$585,000

In Escrow
1474 Hermosita List price \$749,000 represent buyer

SOLD
1472 San Pablo. 3 bed 2.5 bath, Great upgrades Golf View home Sales price is \$1,020,000

In Escrow
1318 San Pablo Court, 4 bed/3 bath Golf Course Home List price \$739,000

SOLD
1217 Via Rafael...2 bed/2 bath. The Fairways. Sales price \$622,000 represented the buyer

In Escrow
1127 Los Campaneros. 2 bed/2 bath 55+ Hunter Valley. Renovated. List price \$559,000

SOLD
1783 San Pablo, renovated 2 bed/2 bath townhome on Mall 1 with Lake Views. Sales price \$715,000

SOLD
1457 La Loma...3 bed/3 bath, Stunning Lakefront VIEW home. Sales price \$995,000

OUT OF AREA

- 1208 Gamble Street, Escondido 3 bed/2 bath with huge, buildable adjacent lot \$524,000 for sale
8494 Mesa Heights Rd, Santee, 3 bed/3 bath with 180 degree city lights and mountain views Sales price \$740,000 SOLD
6195 Henning view, Anaheim. SOLD Sales price \$1,700,000
2130 Sunset #93 Mobile Home in Vista FOR SALE \$181,000
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1253 Camino Del Lago
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FOR SALE - \$828,300

2625 Pirineos Way #127
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 1 bed/1.5 bath - 1,065 sq. ft.
FOR SALE - \$379,000

1644 Via Brisa Del Lago
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FOR SALE - \$624,000



1102 Red hawk Way
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1147 San Pablo Drive
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1735 La Tierra Court
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IN ESCROW
 Representing Seller

3511 Waco Street
 San Diego, CA. 92117
 4 bed/3 bath - 1,516 sq. ft.
IN ESCROW
 Representing Buyer



6030 Malea Way
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IN ESCROW
 Representing Seller

1139 La Sombra Drive
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 Represented Seller

1328 San Pablo Drive
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SOLD - \$1,037,000
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1362 San Pablo Drive
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Research Examines Whether People Are Genetically Predisposed to Tooth Decay

A recent study published in *Pediatrics*, "Genetic and Early-Life Environmental Influences on Dental Caries Risk: A Twin Study," revealed that a person's genetics does not affect their chances of developing tooth decay. However, their data did suggest that young children with overweight mothers were more likely to develop cavities at a young age.

About the Dental Study

The lead researcher of the study is Mihiri J. Silva, a scientist at the Murdoch Children's Research Institute in Parkville, Australia. Dr. Silva wanted to conduct a study to further investigate whether genetic and other environmental factors would have a significant influence on a patient's chances of developing dental caries.

Dr. Silva collaborated with a team of people to examine the dental records of 173 sets of young twins. They collected the children's data while the mother was pregnant (during the gestation period of 24 and 36 weeks) when they were born and at 18 months. The scientists conducted their last full dental examination when the child was six years old.

Dr. Silva also asked the pregnant mothers to fill out an extensive questionnaire at the beginning of the study. The questionnaire asked about their weight and whether they were stressed, suffered from any illnesses, or drank alcohol and smoked cigarettes during their pregnancy. It was the first study of its kind that used twins and also looked at genetics and early life risk factors, such as the mother's overall health and lifestyle habits.

At the end of the study, the researchers observed that the identical twins showed different degrees of tooth decay. One in three of the twins studied (32.2%) experienced dental decay. Meanwhile almost one in four (24.1%) showed signs of advanced tooth decay.

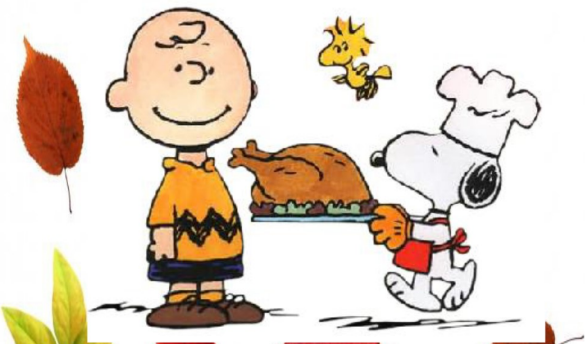
Eventually, Dr. Silva came to the conclusion that a person's genetic makeup did not affect their chances of developing tooth decay. However, the scientists did find a link between the mother's overall health and lifestyle choices during pregnancy and their child's future oral health. As the mother's weight increased so did their child's rate of tooth decay.

Dr. Silva believes their study shows that healthy oral habits and environmental factors, and not genetics, are the main contributing factors of cavity development. Ultimately, Dr. Silva thinks more research should be conducted in the future to replicate their findings.

In Conclusion

Tooth decay is a very serious problem, especially for children. Dental hygienists should educate children and their patients on why it's important to change their lifestyle and take better care of their oral health. www.todayssrdh.com

Happy Thanksgiving



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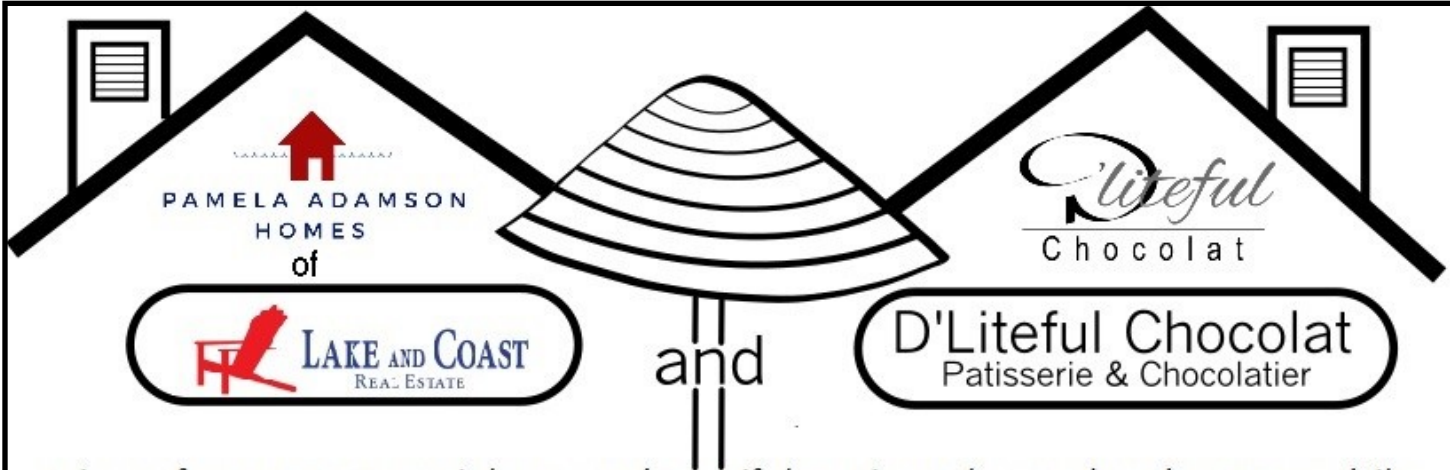
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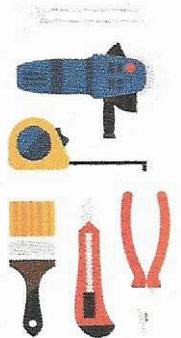


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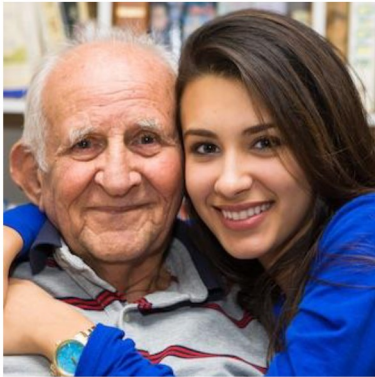
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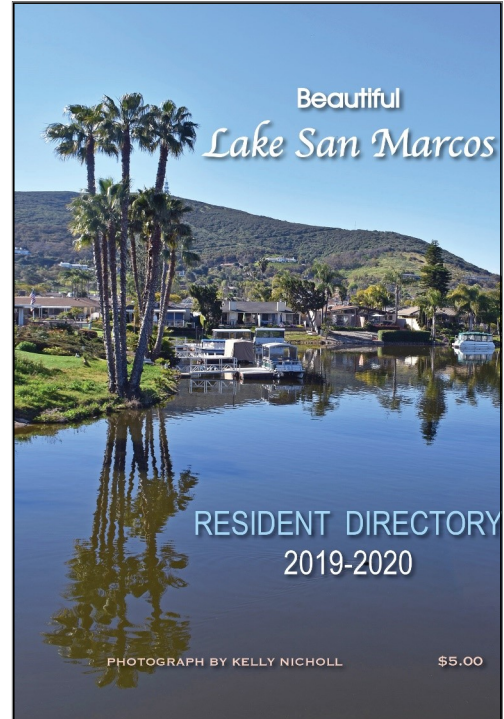
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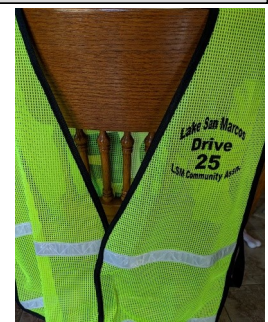
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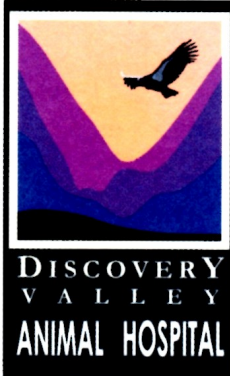
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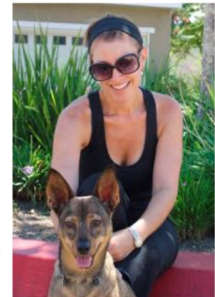
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Dan Worrells, Editor—Adela Franco, Associate Editor—Barbara Dove—Associate Editor
Bob Kreis, Editor Emeritus

NOVEMBER 2019

This Months Editor: Barb Dove

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 or endorsement nor publish ads requesting employees for solicitation.

*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.*

