



Quail Call

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

May 2026

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@ismca.com for information.

Copies of the printed Quail Call are mailed to all members of the Association and include 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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5082 Cascade Way #102, Oceanside
 Offered at \$615,000



Rep Buyer & Seller

SOLD!

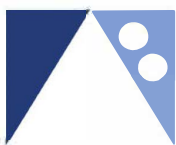
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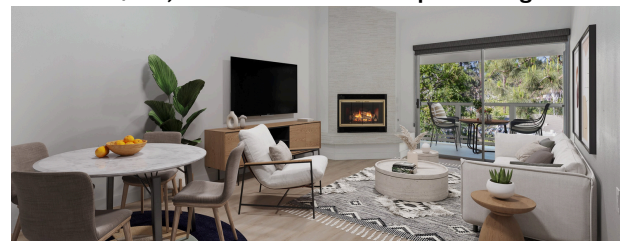
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Save Your Tooth Month: Fresh Smiles for May!

May is here, bringing warmer days, blooming flowers, and brighter sunshine! As we spend more time outdoors and enjoy all the fresh energy of the season, it's also the perfect time to focus on something just as important: Save Your Tooth Month! This month is all about protecting your natural teeth, because just like a healthy garden, your smile needs a little care and attention to truly thrive. So, as you soak up the sunshine, let's make sure your smile is just as bright as those longer May days!

Why Save Your Teeth?

Your teeth do more than help you enjoy your favorite spring and summer treats; they play a big role in your overall health and confidence.

Here's why keeping your natural teeth matters:

- Better overall health: Healthy teeth support your gums and jaw, helping your whole body stay in balance.
- Cost savings: Preventive care now means fewer dental issues later (and fewer unexpected bills).
- Confidence boost: A bright, healthy smile pairs perfectly with all those sunny May moments!

Top Tips to Keep Your Smile Spring-Ready

Brush like a pro with busy spring schedules, don't forget the basics, brush twice a day and floss daily to keep everything fresh and clean.

Eat seasonal, tooth-friendly foods May is full of delicious produce! Crunchy fruits and veggies like strawberries, carrots, and leafy greens help keep your teeth strong and naturally clean.

Stay hydrated Warmer weather means more hydration! Drinking water helps wash away food particles and keeps your mouth feeling fresh all day long.

Keep up with dental visits Spring is a great time to check in on your smile. Routine visits help catch small issues before they become bigger ones.

Let Your Smile Shine This May

As you enjoy the sunshine, fresh air, and everything May has to offer, don't forget to give your smile a little extra love too. Small daily habits can make a big difference in keeping your teeth healthy for years to come.

We're here to help you keep that smile bright all season long, feel free to stop by or give us a call anytime!

Here's to a healthy, happy smile this May!

Credits: Content Source: American Association of Endodontists <https://www.aae.org>



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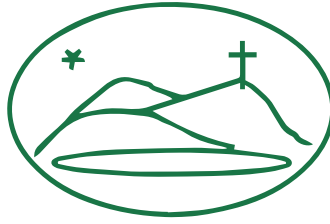
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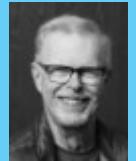
Quail Call

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May 2026 | Volume 22, Issue 5

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Ken Seals, Team Member & Photography
Matt Marshall, Photography

This Month's Editor



Dan Worrells

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