



Quail Call

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

April 2024

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.

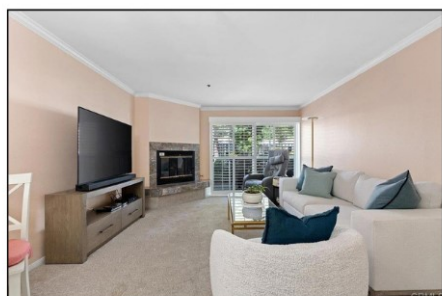
Copies of the printed Quail Call are mailed to all members of the Association and include articles of past and present activities from local clubs and organizations in addition to the advertisements.

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



1590 Caminito Aguar
 Lake San Marcos
 2 bed + den / 2 bath
 1,204 sq. ft.
 FOR SALE - \$888,300

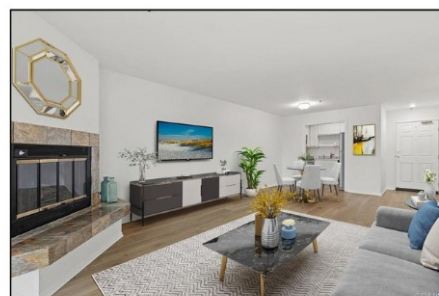
Beautiful Contemporary Lakeview Condo. Views of the mountain range, hillside and city lights. Single Story once inside. Original owner, flagship lot. No condos in front of your large lakeview and mountain view patio. 2 Bedroom, 2 bath, plus den/office optional. Details of remodel include: Hand-scraped hickory cork flooring, neutral designer colors light and bright. Dual pane vinyl windows and sliders. Open kitchen has soft close drawers, European granite countertop and backsplash. Opens to dining area with lake view.



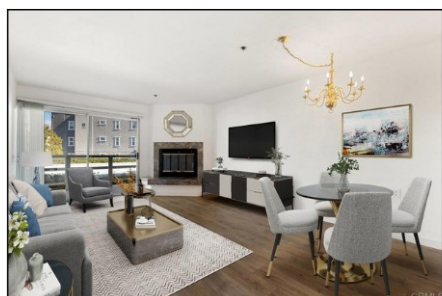
1682 Circa Del Lago A110
 Lake San Marcos
 2 bed / 1.5 bath - 962 sq. ft.
 FOR SALE - \$335,000



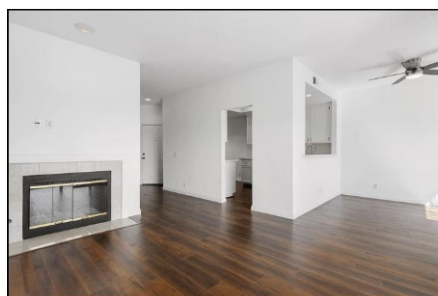
1508 Circa Del Lago B104
 Lake San Marcos
 2 bed / 2 bath - 962 sq. ft.
 FOR SALE - \$339,000



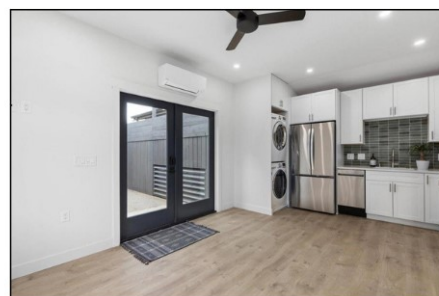
1616 Circa Del Lago C112
 Lake San Marcos
 2 bed / 2 bath - 1,030 sq. ft.
 FOR SALE - \$365,000



1508 Circa Del Lago B206
 Lake San Marcos
 1 bed / 1 bath - 660 sq. ft.
 FOR SALE - \$189,000



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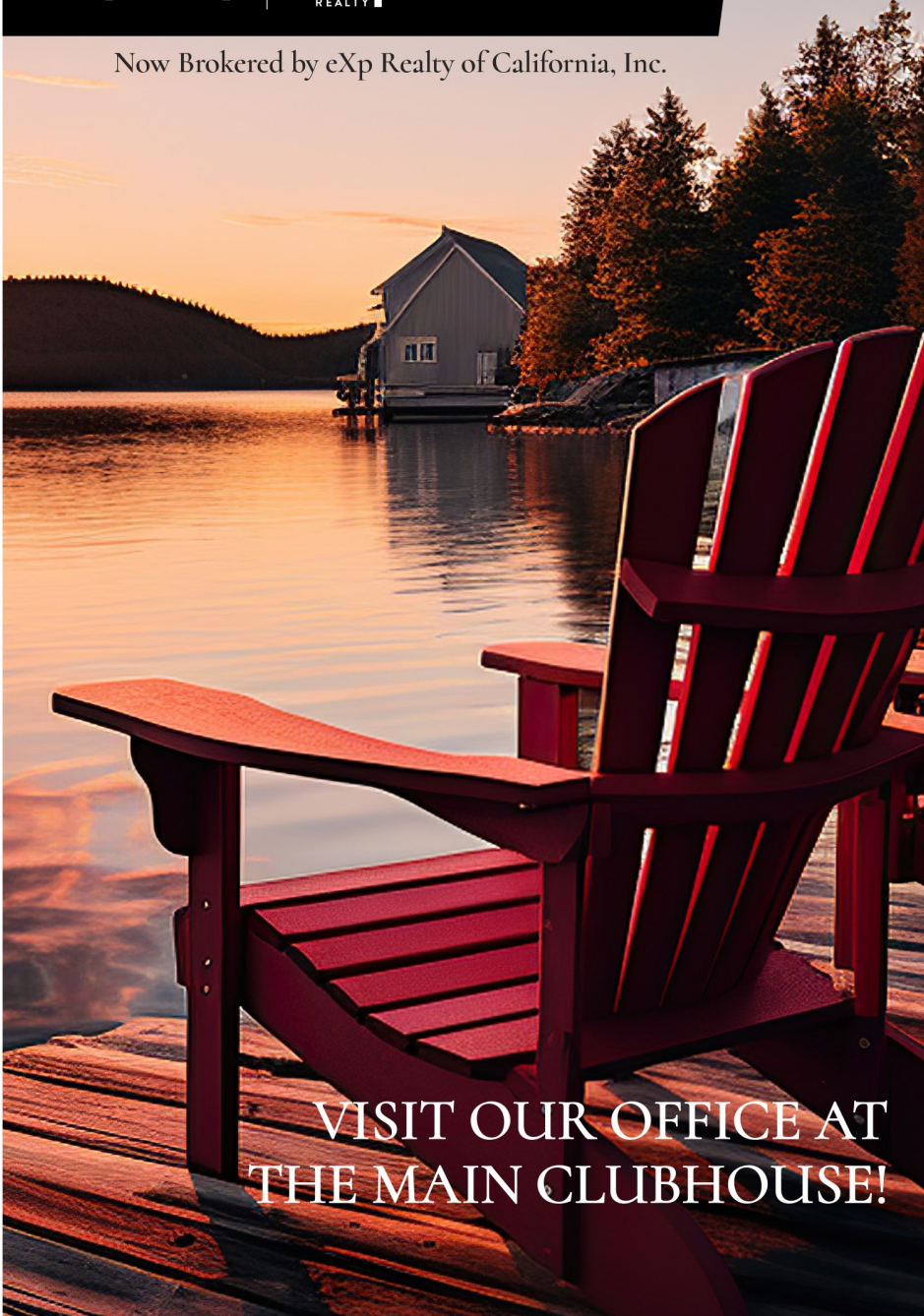


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Easing Dental-Related Anxiety

Going to the dentist can cause anxiety, and that's a normal reaction. It's estimated that between 15 and 40 percent of people are affected by dental anxiety



If not addressed, dental anxiety can lead to unnecessary oral health problems as a result of avoidance behavior, which can ultimately lead to more time spent in the dental chair to receive more extensive and potentially costly treatment.

Why do people experience dental-related anxiety? There are many causes of dental anxiety:

- The fear of pain
- Feeling as if you are not in control or are helpless
- Feeling embarrassed about the condition of your teeth
- Recalling your own past experiences or the experiences of your family and friends
- The fear of needles, drills and gagging

What can I do to alleviate dental anxiety?

- Talk with your dentist. He or she can help dispel any negative or frightening perceptions you may have.
- Avoid caffeine and sugar before a dental appointment; they may make you anxious.
- Schedule dental appointments early in the day before you have the chance to become stressed or rushed.
- Focus on relaxing. Breathe regularly and slowly during the procedure.
- Use hand signals to inform the dentist when you are uncomfortable.

If not addressed, dental anxiety can lead to unnecessary oral health problems because of avoidance behavior, which can ultimately lead to more time spent in the dental chair to receive more extensive and potentially costly treatment.

Regular six-month preventive checkups help detect oral health problems early and acquaint you with the dental office and procedures you may feel anxious about. Remember: When it comes to dental anxiety, knowledge is the greatest defense.

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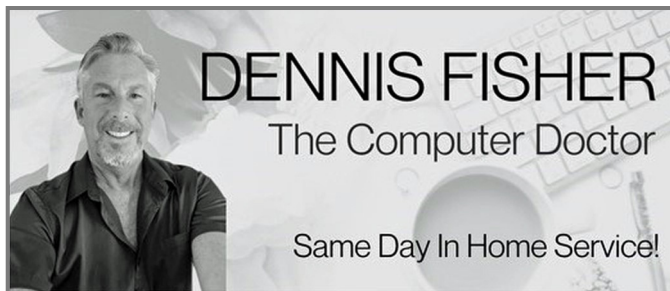
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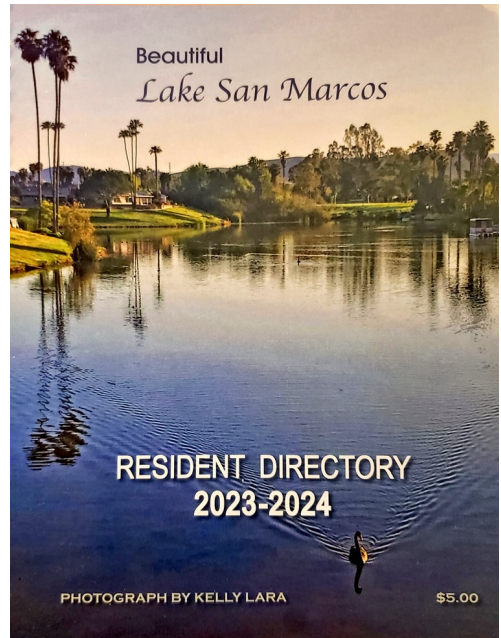
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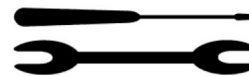
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"BUILDING A BETTER COMMUNITY"



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April 2024 | Volume 20, Issue 4

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For advertisement pricing & contract or an article send an Email
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Copy must be received by 5 PM on the 19th of the month to be published
in the following month.

Dan Worrells, Editor | Adela Franco, Associate Editor |
Barbara Dove, Associate Editor, Sherri Sumner, Team Member
Scott Woodruff, Team Member Ken Seals, Team Member

This Month's Editor

Barb Dove



The Lake San Marcos Community Association is a voluntary mutual benefit, non-profit corporation established to protect and promote the interests of residents in Lake San Marcos. For a copy of our objectives, please refer to our website. We publish an informative monthly newsletter, *"THE QUAIL CALL."*

The Quail Call will not publish deleterious comments or comments of a Religious or Political viewpoint or endorsement, nor publish ads requesting employees for solicitations.

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*The Board of Directors meet monthly on the second Thursday of each month at 4:00PM.
Minutes of the Board meetings are posted in the Association office.*



LSMCA PRESENTS

COMMUNITY GARAGE SALE

Saturday, MAY 4th | 7 AM-11 AM | Lake San Marcos

Photo by Kenneth Ray Seals