



Quail Call

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

October/November 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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Healthy Smiles Through the Fall Holidays

October and November bring plenty of fun, family time, and delicious treats. From Halloween candy to Thanksgiving desserts, it is possible to enjoy the season while still keeping your family's smiles healthy.

Halloween & Your Smile

Halloween candy can be a fun tradition, but frequent sugar throughout the day can increase the risk of cavities. The American Dental Association recommends enjoying candy with meals or shortly afterward rather than snacking on it throughout the day.

When possible, choose treats that are less sticky. Chocolate is generally a better choice than gummy or sticky candy, which can stay on teeth longer. Sour candies can also contain acids that may contribute to enamel erosion.

A few simple Halloween tips:

- Enjoy candy in moderation.
- Have children drink water after eating sweets.
- Brush twice a day with fluoride toothpaste.
- Floss daily to remove food and plaque between teeth.
- Consider non-candy treats such as stickers, pencils, or small toys.

Thanksgiving & Your Smile

Thanksgiving is all about gathering with family and enjoying a great meal. While you celebrate, remember that your everyday habits still matter.

Try drinking water instead of sugary beverages and enjoy desserts as part of your meal rather than continuously snacking on sweets throughout the day. Limiting added sugars and maintaining good brushing and flossing habits can help protect your teeth throughout the holiday season.

November is also a great time to check in on your family's dental care. Regular dental visits can help identify dental problems early, even when you are not experiencing any discomfort.

A Season to Smile

The holidays are about enjoying time with the people you love. With a few simple habits, you can enjoy your favorite fall traditions while taking care of your family's oral health.

From all of us at Lake View Dental, we wish you and your family a happy Halloween, a wonderful Thanksgiving, and plenty of reasons to smile!

Sources: American Dental Association (ADA), *Halloween Candy Survival Guide*; Centers for Disease Control and Prevention (CDC), *About Oral Health* and *Oral Health Tips for Children*





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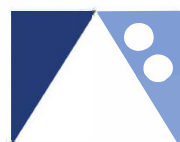
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1682 Circa Del Lago. A303 East Facing. Remodeled.
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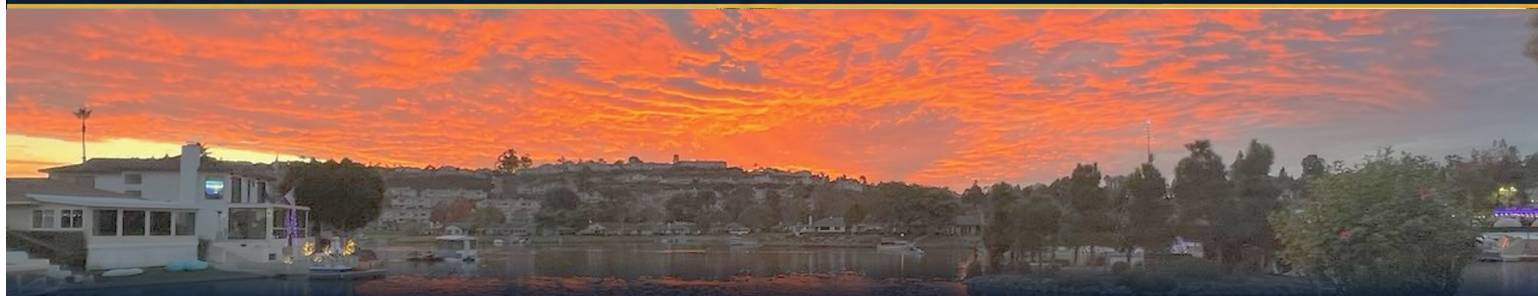
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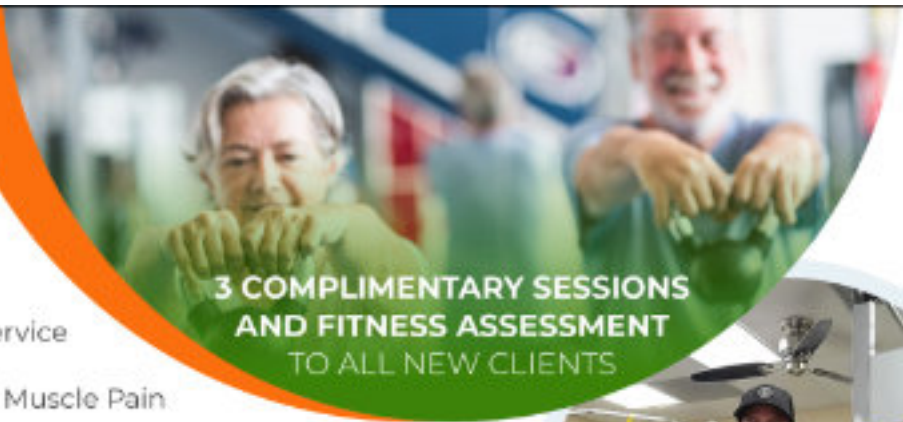




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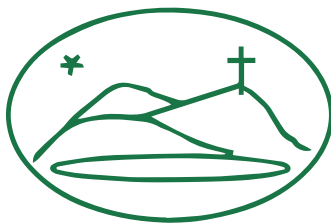
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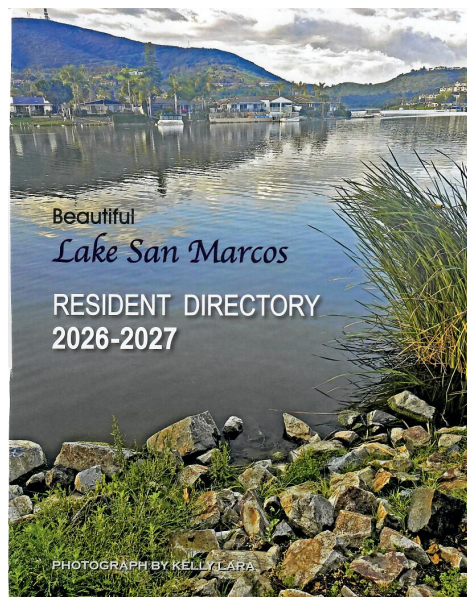
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"BUILDING A BETTER COMMUNITY"



Quail Call

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October/November 2026 | Volume 22, Issue 8

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Maria Brown, Associate Editor
Sherri Sumner, Team Member
Ken Seals, Team Member & Photography
Matt Marshall, Photography

This Month's Editors



Barb Dove and Dan Worrells

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