



CARROLLTON LAKES
HOMEOWNERS ASSOCIATION

*Carrollton Lakes
Newsletter*

April 2026



April Showers Bring May Flowers



Passover

CARROLLTON LAKES COMMUNITY YARD SALE SATURDAY, 4/11/26, 8AM—12 PM



The Revival of Full-fat Dairy

In a groundbreaking shift, the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) released the dietary guidelines that mark a significant reset in federal nutrition policy, prioritizing full-fat options, including whole milk, yogurt, and cheese, recommending three servings per day for a 2,000 calorie diet.

This departure from decades of low-fat advocacy reflects evolving science that suggests not all fats are equal, and promoting dairy as a cornerstone of healthy eating patterns.

Whole milk is prioritized because it provides essential healthy fats without added sugars. Unlike low-fat versions, which often compensate with sugars, full-fat dairy retains its natural composition, making it more satiating and beneficial for long-term health. Nutritionally, whole milk offers high-quality protein for muscle maintenance, vitamins like A and D for immune and bone health, and minerals such as calcium and potassium for heart and skeletal function. Research links full-fat dairy to reduced weight gain, neutral or lower risk of heart disease, and decreased childhood obesity, challenging fears of saturated fats. For children, it's crucial for energy needs and brain development.

Moderation is key. The guidelines recommend saturated fat limit of 10 percent of calories.

IT'S TIME
TO
DE-CLUTTER
AND
SELL
THOSE
OLD
TREASURES!
~~~  
SEE  
YOU  
SATURDAY!  
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**HAPPY
SELLING!**



April: 2606 Heatherwood Drive
Andrew & Anora Frey-Congratulations!



Why you don't see your nose!

Your schnoz is right there between your eyes all the time, so why don't you notice it? In fact, why doesn't it get in the way of everything you are looking at?

It's a brain thing. The brain treats the nose as irrelevant. It is there, always, and there is no need to notice it. (You can see it if you try). The nose blocks out some information coming into each eye, but the brain builds a complete image by using pictures from both eyes to fill the gap.

BOARD OF DIRECTORS

President: Ryan Kearns
VP/ARC Chairman: Tom Read
Treasurer: Charlie Pritchard
Secretary: Rose Bowman
Outreach Coordinator: Vacant

OCEAN BLUE PROPERTY MANAGEMENT

LCM: David Latrella

HOMEOWNERS

1. Please send your homeowner info to Ocean Blue.
2. Check the Bulletin Board for updates.
3. Please register with the Homeowner Portal at www.oceanbluecommunities.com
4. We are looking for volunteers for projects in our community. (Entrance landscaping and Community Yard Sale.)

EARTH DAY—APRIL 22

If you were around in the 1980's, you remember the environmental outcry that the earth's protective Ozone layer was thinning and there was actually a hole in the Ozone. The world's response to the Ozone crisis has been an environmental triumph. The Ozone layer is about 10-30 miles up in the stratosphere where it soaks up about 90% of the sun's ultra-violet rays. In the 1970's, scientists identified chlorofluorocarbons as the cause. The Montreal Protocol banned CFCs to phase them out. The ban worked. Today, science says full recovery is on track for 2060-2070, assuming continued global cooperation.

