



CARROLLTON LAKES
HOMEOWNERS ASSOCIATION

Carrollton Lakes Newsletter

May 2025

Celebrate "Mom" this month. Tell "Mom" you love her. Buy "Mom" flowers or a book. Treat "Mom" to lunch.



What could possibly be more astonishing than a sunrise? The display itself is magnificent beyond belief, and yet it goes virtually unnoticed by millions each day. Beyond that, the meaning of the sunrise is even more spectacular, because it heralds the dawn of a new day, a day filled with bright possibilities.

In an unimaginably vast expanse of nothingness, the sun which lights our every day is the only source of warmth and light within trillions of miles. The distance to the next closest star we cannot even comprehend, much less traverse in a thousand lifetimes.

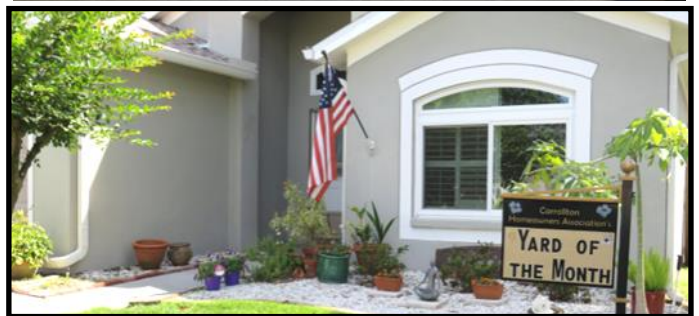
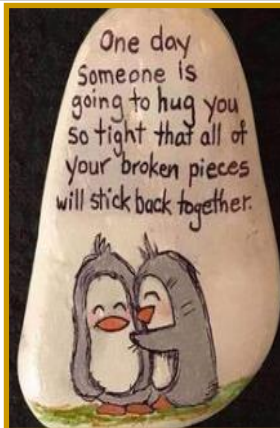
And yet, here we are - Warm, bright, full of life and energy. The sun appears around the horizon each morning and makes it all possible. When you find yourself ready to complain about what you don't have, stop for a moment to consider what incredible things you do have. And resolve to make the most of it all.

-Ralph Marston

Mushrooms Linked with Immunity.

A recent study published in the online Journal of the American College of Nutrition shows a correlation between mushrooms and immunity.

The study suggested that eating 4 ounces of cooked shiitake mushrooms daily for four weeks resulted in better-functioning gamma delta T-cells and fewer inflammatory proteins in blood, both of which are signs of a stronger immune system. Study leader, Susan Percival, says the findings apply to all types of edible mushrooms.



MAY: 3306 Black Gum Ct.—Cinzia DeLange

THE LAKE

We are working on an application for a \$5000 grant from the county. Russell and Rose and Sarah (Hills.

Co) will collaborate with our neighbors on lake management needs. David (Ocean Blue) will work with us to complete the application for the grant.

Our long-term plan (4 years) involves introducing new vegetation in the lake that will compete for nutrients. Our plan also includes the Adopt-a-Pond Program. When completed, Ryan will send out the lake report analysis to A&B Aquatics for their review. The vendor proposal received for lake treatment appears to be very cost effective.

The Board will inform homeowners that they need to take control of their property shoreline regarding trash pick-up. This is each owner's responsibility.



BOARD OF DIRECTORS

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

OCEAN BLUE PROPERTY MANAGEMENT

LCM: David Latrella

WAYS THAT YOU CAN COMMUNICATE WITH THE BOARD:

- ◇ Attend monthly BOD meetings.
- ◇ Monthly Newsletters via email.
- ◇ Homeowner Portal via Ocean Blue
- ◇ Community park bulletin board
- ◇ Carrollton Lakes website
- ◇ Facebook
- ◇ Next Door

HOMEOWNERS

1. Please send your homeowner info to Ocean Blue.
2. Check the Bulletin Board for updates. Note: New location.
3. Please register with the Homeowner Portal at www.oceanbluecommunities.com
4. We are looking for volunteers or projects in our community.