



CARROLLTON LAKES
HOMEOWNERS ASSOCIATION

Carrollton
Lakes
Newsletter
September 2025

Your Talent is God's gift to you. What you do with it is your gift to God.



~ THE LAKE ~



Russell Smith, our Carrollton Lakes Outreach Coordinator, recently spearheaded a group lake walk with Sarah Succo from Hillsborough County for a lake consult on the Health of Lake Heather.

They also reached out to the Lake Heather and Brigadoon Board Members to broaden the efforts across the community. They had full participation in our lake project which can only make our efforts stronger in the future.

Any volunteers interested in working on the lake project should contact Russell (the point person) through his email at outreach@carrolltonlakeshoa.com.

Any volunteers interested in working on landscaping should also contact Russell at outreach@carrolltonlakeshoa.com.



SEPT: 16409 Lake Heather Drive
The Ortiz Family

Tips for Happiness from the expert life coach

Life Coach Tony Robbins has been talking about life satisfaction and happiness for nearly 50 years. Among his most famous messages: "What happy people do not do:

1. They don't take things for granted.
2. Happy people don't hold onto resentments. They forgive.
3. They don't blame others for their problems.
4. They don't take things personally.
5. Happy people don't live in the past.
6. Happy people don't seek validation from others.
7. Happy people have multiple interests in friends, family, hobbies and organizations.
8. They don't undermine others.
9. Happy people don't give up.
10. Happy people don't sweat the small stuff.

ENERGY DRINK INGREDIENT LINKED TO CANCER

New research shows that taurine, a common additive in energy drinks and naturally found in meats, fish, and eggs, is associated with increased risk of blood cancers. According to Fox News, leukemia cells can absorb taurine, which can promote further spread of the disease. Researchers say that methods to block taurine absorption in cancer cells may improve treatment outcomes for leukemia patients.

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

Our	15 mph	Please
Little	is	do not
Free	Better	feed
Library		the strays



HOMEOWNERS

1. Attend our HOA Meeting: 10/21/25.
2. 25 MPH is the speed limit . . .
. . . but 15 MPH is better.
3. Stay informed. Follow us on . . .
Homeowner Portal / Ocean Blue
Carrollton Lakes website
Facebook / Next Door / and more
4. Advise "Project Ideas" for our
Community participation