



CARROLLTON LAKES
HOMEOWNERS ASSOCIATION

Carrollton Lakes Newsletter

March 2025

"A cheerful expression brings joy to the heart, and good news gives health to the bones."

CARROLLTON LAKES COMMUNITY YARD SALE

SATURDAY, APRIL 5, 2025

8:00 AM—12:00 PM

FITNESS MAY BE MORE CRUCIAL THAN BMI

Want to live longer? Prioritize your physical fitness. According to a recent study published in the British Journal of Sports Medicine, physical fitness is more important than weight when it comes to heart health and longevity. Researchers analyzed data from nearly 400,000 people and found that regardless of body mass index (BMI), physically fit people had similar risk of death from any cause.

The data also revealed that having a normal weight alone does not compensate for being physically unfit. Unfit individuals with BMIs in the normal range had a higher risk of death than physically fit individuals at any BMI, including those in the obese range.

In a statement to Health Magazine, senior study author Siddhartha Angadi, PhD, noted that being physically unfit carries significantly greater health risks than carrying a few extra pounds. Instead of viewing exercise solely as a means to burn calories and lose weight, he encourages people to engage in physical activity for its health benefits.

The study suggests that the BMI scale might be unhelpful. According to the Harvard T.H.Chan School of Public Health, the use of BMI introduces risks lower quality of care.

SOCIAL POST: Our Board members, Russell and Tom have suggested a neighborhood event social, including golf, pickleball, corn hole bags, bowling, darts and more. Ryan and Tom have joined Sparks Golf and welcome our homeowners. Please email Tom Read if you are interested at vp@carrolltonlakeshoa.com.

**SLOW
DOWN!**

Speed limits in our community are 25mph but they should be 15mph. We are working on changing that. Either way, please slow down!

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

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.

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*Let  
go  
of  
Time*  
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Our "February" Yard



16608 Lake Heather Dr.— The Lentini Family

THE LAKE



Looks like our lake is clearing up! We are very pleased with our new vendor for servicing our lake and our fountain. Blue Water Aquatics was terminated last month. A&B Aquatics is our new service partner as of February 2025.

There will be a minimum of 12 inspections yearly with treatment as required. They will remove any visible garbage and/or any floating aquatic debris. They will control the shoreline grass and all nuisance aquatic vegetation and algae.

They have access to an Argo, which is a neighborhood friendly amphibious vehicle that makes aquatic spraying ideal. Please note that Argos are quiet and can travel on land or water without causing any damage. Other equipment at their disposal are an air-boat, four wheeler, jon-boat and backpack sprayers.

The cost for their services is \$425 monthly and for this very affordable price, we get full maintenance and more.