



CARROLLTON LAKES HOMEOWNERS ASSOCIATION

Carrollton Lakes Newsletter

May 2026

Happy Mother's Day! Take time for your Mom today. Honor her. Celebrate her. Love her every single day!

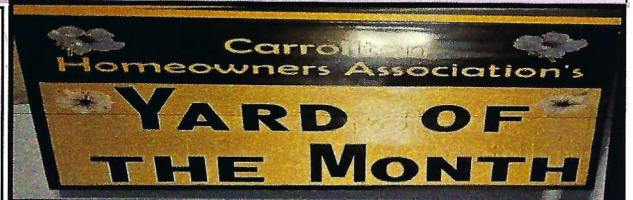
A message from a concerned homeowner : -Thank you Russell

"I was grabbing garbage from the lake today and noticed significant growth of vegetation on the banks. This might be a good topic for homeowners to do their part to make sure their lake fronts are picked up."



This vegetation is Water Hyacinth, a floating aquatic weed. This is the species that Sara (Hillsborough County rep) told us to keep in check. This is one of the world's most aggressive aquatic weeds, as they grow rapidly and can choke waterways and block the sunlight. They out-compete native plant species and provide a habitable breeding zone for mosquitoes.

This water plant should never be released in the natural environment. Please help to clean up our lake fronts.



MAY: 3306 Black Gum Ct.-Cinzia DeLange

VIOLATIONS

We are trying so hard to keep our community looking beautiful. The violations we see most are trash cans followed by messy yards and/or junk at the street.

A few months ago, we served 50 violations, then it dropped to 35, then 20. Last week there were only 11!!! Today there are lots! Please help. ***Thank you.***

Life is not punishing you.

Anyone who abandons you . . . is meant to teach you how to stand on your own two feet.

Anything that angers you . . . is meant to teach you forgiveness and compassion.

Anything that has power over you . . . is meant to teach you how to reclaim your power.

Anything you cannot control . . . is meant to teach you how to let go.

—FB/BuddhismPage

Summer Heat & Your Heart



Summer is the season for outdoor activity, travel, and long sunny days. For anyone with heart disease or high blood pressure, however, heat is a genuine health consideration that deserves attention.

Here is why: for every degree your body temperature rises, your heart must pump approximately ten extra beats per minute to help cool you down. The American Heart Foundation warns that heat-induced dehydration compounds the problem, thickening the blood and making the heart work even harder.

The practical guidance is straightforward: avoid being outdoors during peak heat hours. Stay well hydrated. Wear light-weight, light-colored, breathable clothing. This means paying attention to conditions, listening to your body, and knowing your heart is working a little harder on hot days than you might realize.

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

Things Everyone Should Know:

1. Blood Pressure: 120/80
2. Pulse: 70-100
3. Temperature: 98-99
4. Breathing: 12-16
5. Cholesterol: 130-200
6. Potassium: 3.55-5
7. White Blood Cells: 4000-11000
8. Red Blood Cells: 4.60-6 million
9. Platelets: 150,000-400,000
10. Sugar: Children: 70-130
Adults: 70-115

HOMEOWNERS

1. Please send your homeowner info to Ocean Blue & register with the H.O. Portal.
2. Check the Bulletin Board in the park for updates.
3. Attend monthly BOD meetings.
4. Read our Newsletters via email.
5. We are looking for volunteers for projects in our community.