



news + views

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10

**BOARD  
MEETING**

Online. Check  
website for details.

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02  
2022



# LAKEparsIPPany

property  
owners  
association



## LPPOA BOARD OF DIRECTORS

### **PRESIDENT**

PULKIT DESAI

### **VICE PRESIDENT**

NIRAV PATEL

### **SECRETARY**

DAN NAZZARO

### **TREASURER**

PATTY ELLIS

### **FINANCIAL SECRETARY**

TARAK BHATT

### **DISTRICT 1 (DREWES BEACH AREA)**

Rinam Shah  
Manisha Mansuria  
Marilyn Ammirata

### **DISTRICT 2 (JOHNSON BEACH AREA)**

Darshana Kalavadia  
Barbara Parentin  
Jagdish Prajapati

### **DISTRICT 3 (JORGES BEACH AREA)**

Don Phelps  
Raul Carandang  
Matthew Kilic

### **DISTRICT 4 (HOFFMAN BEACH AREA)**

Deepa Tailor  
Harismran Kaur  
Mary Free

### **CLUBHOUSE RENTAL AGENT**

Marissa May  
clubhouserental@  
lake-parsippany.org

### **MEMBERSHIP** lake-parsippany.org

### **BEACH RENTAL AGENT (MAY-SEPT.)**

Position Available  
LPPOABeachRental@  
aol.com

## NEWS & VIEWS

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Sebastian Ostolaza

## JOIN OUR FACEBOOK PAGE

Lake Parsippany Property  
Owners Association-  
LPPOA OFFICIAL PAGE

Other information like  
water test reports,  
meeting minutes,  
budgets, events, activities,  
membership information,  
and lots more can be  
found on our website  
under NEWS. It's a great  
site to get accurate up to  
date information about  
our community.

If you are not receiving  
email from the LPPOA,  
please make sure to  
renew your membership  
and update your profile  
with the correct email  
address.

Don't forget to check  
your spam folder in case  
of any unwanted filtering.

Visit our Help page  
for profile updating  
assistance

### **JOIN OUR FACEBOOK PAGE:**

Lake Parsippany Property Owners Association-LPPOA OFFICIAL PAGE

### **Please have your current year badge for admission to all meetings and events at the clubhouse**

The LPPOA Board of Directors will be taking action at all monthly meetings as it relates to financial, operational changes and management of the lake.

VISIT US ONLINE [WWW.LAKE-PARSIPPANY.ORG](http://WWW.LAKE-PARSIPPANY.ORG)

## PRESIDENT'S MESSAGE

*Pulkit Desai*

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As I mentioned last month, the new property management company, FSR (First Service Residential), will send out invoices and provide a new secure link and detailed instructions on how you can pay online. Online payment is strongly encouraged as it provides us with detailed information on how we can reach out to you, share important emails, announcements and News and Views directly to you, electronically, so you do not miss anything! We will be with FSR for at least a few years, so now is a great time to register online. A welcome letter will be included with the invoice and if you prefer to mail your membership fee, the address where you can send your payment will be included in the welcome letter. This letter also includes detailed information about membership, a phone number for members to call with direct access to the property management company's Customer Care Center, 24/7. They will be available to help you with your questions, concerns, account balance inquiries, and other general information. We will also be publishing this contact information

via mass email, our official LPPOA website and Facebook page.

I have received much feedback since the fees were initially announced last month, and compared to other lake associations in NJ, the fee we are asking is quite modest. This is for both the Basic and the Premium Level Memberships. This is in part because our local municipality has taken over some basic maintenance of select streets, roads/avenues, and dams. This has relieved the association of a major portion of funds that we do not need to collect from membership, and some costs that we are spared. Please keep in mind that we are required to not only maintain, but improve, beautify, and keep the beaches, parks, and community clubhouse for social, civic, and recreational uses. This all benefits the members of the LPPOA.

Due to the resurgence of Covid-19/Omicron variant, we have been forced to put many activities on hold at the clubhouse. While renting will continue, other events need to be on hold for the time being. All updates will be communicated

*The new property management company, FSR (First Service Residential), will send out invoices and provide a new secure link and detailed instructions on how you can pay online.*

### *President's Message (Cont.)*

via email, website, Facebook and our monthly News and Views.

In closing, I would like to thank all the Board members for spending so much of their personal time taking steps to create a fair fee structure

and budget, keeping in mind what is best for our lake and our community. I would also like to thank all the volunteers who are working tirelessly on committees planning many special events and, once things return to normal (safe), to bring some sunshine and happiness to all.

#### **MESSAGE FROM THE GEESE POLICE**



### **DO NOT FEED THE WATERFOWL**

It is illegal and only attracts more geese. Please notify the LPPOA if you see goose nests on LPPOA property

#### **WARNING !**



### **DO NOT SKATE ON LAKE PARSIPPANY**



## EDITOR'S NOTE

*Marilyn Ammirata, RN, MSN*



The month of February is not just for love that we celebrate on Valentines Day, but also a great time to focus on our HEART HEALTH. February is the awareness month for heart health in the US. Heart disease is prevalent, and is a leading cause of death. A majority of these deaths are due to heart attack.

**During the month of February, The National Heart, Lung and Blood Institue has assigned a theme to each day of the week.**

- **SUNDAY-SELF CARE SUNDAY.**

Set yourself up for success by creating a self-care checklist for the week

- **MONDAY-MINDFUL MONDAY.**

Know your heart stats, including your blood pressure and cholesterol values

- **TUESDAY-TASTY TUESDAY.**

Enjoy a heart healthy recipe

- **WEDNESDAY-WELLNESS WEDNESDAY.**

Get into a wellness routine

- **THURSDAY-TREAT YOURSELF THURSDAY.**

Treat yourself to some fun and relaxation

- **FRIDAY-FOLLOW FRIDAY.**

Share who inspires you to live a heart-healthy lifestyle

- **SATURDAY-SELFIE SATURDAY.**

Post a selfie with your favorite way to stay healthy! How about taking a walk around the lake and take pictures!

*February is the awareness month for heart health in the US.*

*Editor's note (Cont.)*

You may think that chest pain is the first sign of heart problems, that is not necessarily the case. Men and women very often have other symptoms such as neck, jaw, shoulder, upper back or abdominal discomfort and nausea. It is not necessarily the crushing intense pain we see on TV. Although not to be fooled, that too can be a sign.

**There are many reasons for chest discomfort. HOWEVER, all must be evaluated by a medical professional. Never assume...**

**HEARTBURN:** This happens when stomach acid (required by our bodies to start digestion) moves into and down your throat thru the esophagus, which carries food from your mouth to your stomach. When this happens, you can have a burning pain in your chest. Your throat may burn and you can have a cough or sour taste in your mouth. Chronic coughing can be a sign of chronic heartburn.

**ANGINA:** This happens when, for some reason, the amount of blood flow to your heart is insufficient. It may feel like heartburn, but heartburn tends to happen after meals or when lying down. Angina is more common after activity, where increased blood flow is required to the heart. The feeling is more like a chest tightness. Angina symptoms can mean you are at a risk for a heart attack. Call your doctor right away if you have chest pain or tightness.

**HEART ATTACK:** While heartburn pain stays in your chest or throat, during a heart attack, a squeezing or aching pressure may spread

to your arms, your jaw or your back. You may become sweaty and have difficulty catching your breath, you can feel dizzy. As heart attack symptoms may differ in women, they can also have stomach upset.

Heart attacks can happen to anyone, at any age. However, men age 45 and older and women 55 and older are more likely to have a heart attack than are younger men and women. You may also have a family history of cardiac disease, that may put you at a greater risk. **If there is any doubt in your mind, call 911 immediately.** If you are in a place where you cannot call, have someone drive you to the nearest hospital. Don't drive yourself unless there are no other options. Your condition can worsen, and driving yourself puts you and others at risk.

**Common SYMPTOMS of a Heart Attack include:**

- Pressure, tightness, pain or a squeezing or aching sensation in your chest or arms, that can radiate to your neck, jaw or back
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Cold Sweat
- Fatigue
- Lightheadedness or dizziness

There are many other causes for chest pain, many other digestive issues or even anxiety can cause chest pain but the one common factor is, all should be reported to and investigated by a medical professional.

*Editor's note (Cont.)*

**So, bottom line... Chest pain needs investigation by a medical professional. Annual well visits are essential with your primary care provider. Be mindful of your body, know your blood pressure, ask your doctor to review your laboratory work with you and explain what it all means. Understand what they are telling you, and if you have questions, ASK THEM, PLEASE...**

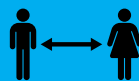
Remember, we have one heart. We need to keep it healthy.

- Avoid smoking
- Be physically active, every day, even if you are desk confined for hours on end, go outside, take a walk around the block, go look at our beautiful lake. Your body, and mind, will thank you for it.
- Eat a heart-healthy diet and stay at a healthy weight
- Keep your blood pressure and cholesterol in control
- If you drink alcohol, drink only in moderation
- Manage stress

Stay well, stay healthy! Happy Valentines Day! And, remember... dark chocolate is healthier for you than milk chocolate.



**CYCLISTS  
RIDE WITH TRAFFIC**



**MAINTAIN PROPER  
SOCIAL DISTANCING**



**DON'T MAKE A  
WALL OF PEOPLE  
ACROSS AN  
ENTIRE SIDE  
OF THE ROAD**



**WEAR REFLECTIVE  
CLOTHING AT NIGHT**



**WALK  
FACING TRAFFIC**



## A BOARD MEMBER'S PERSPECTIVE

*Dan Nazzaro*

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### LET IT SNOW.

One of the best things about living in New Jersey is our varied weather patterns. We experience four distinct seasons, each with its own unique appeal. Lake Parsippany was created around the season of Summer, providing recreation and activity to our residents. But what of the other three seasons. Over the years as our community grew people started to spend more time here. Adding heating systems to their summer home and finding things to do year-round. Of course times change, interests change and the weather changes. These past f.years we have just not had the snowfall or the cold that was more common 'when I was young'.

As a foster parent for youth who did not have the benefit of the family of origin that most of us have had; I find myself overcompensating just a bit. This community provides these youth with wonderful opportunities for outdoor activity, interaction with good people and for personal growth. A few years ago, one of our kids was despondent over the lack of snowfall.



As COVID closed in and opportunities to be active vanished we looked for creative solutions. Enter Engineering, Science and a whole lotta –

*One of the best things about living in New Jersey  
is our varied weather patterns.*

### *A Board Member's Perspective (Cont.)*

Why Not! After significant internet research I identified [www.snowathome.com](http://www.snowathome.com) as making the product that fit my vision. The company owner continues to be available to help guide us as snow making is his passion. His equipment is used by companies like Tesla to simulate environments for vehicle testing.

So how is it done? Natural snow forms high up in our atmosphere and requires the upper air to be below freezing temperature. The water vapor freezes in the atmosphere swirling around bumping into other frozen water vapor which then sticks to each other to form flakes that eventually become heavy enough to fall, if there is enough water vapor and the ground temperatures are below freezing, we have snow. Many ski and snowboard parks create their own

snow and over the years they have figured the process out, fine tuned it and made it more economical.

So, we know the science of how snow forms naturally. Next comes the Engineering. First we must create water vapor, this requires a high pressure water source pushing water out a small nozzle to create as fine a mist of water as possible. I use a pressure washer, an AR620 if you are interested, producing 1800 PSI at 2 gallons per minute. You also need to get the water vapor to swirl and bump and stick. This is achieved with the use of an air compressor and specially shaped nozzles to create the swirl. I was using a Porter Cable PXCM201 producing about 6 SCFM at 40 PSI. Finally you need to Mother Nature to provide the cold. In fact, it requires the temperature to



### *A Board Member's Perspective (Cont.)*

be below 28 degrees to guarantee making snow with the equipment I have. The more humid it is the colder the temperature has to be. This is called Wet Bulb temperature, that is, the amount of cooling from evaporation. The more humid it is the colder it has to be for my created water vapor / mist to freeze.

I have put in two separate 20-amp electric circuits to outside outlets to provide enough electricity for this equipment to operate. Both machines use about 1,800 watts each, that totals



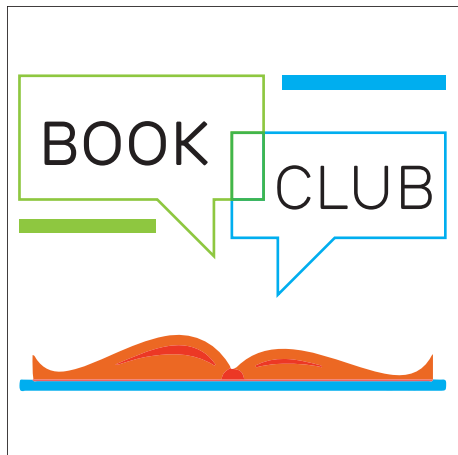
about 3.6 kw an hour. In addition, the pressure washer needs a supply of water at 2 gallons per minute – imagine if your toilet flushed every minute (that is 1.6 gallons per flush). Compare that to a garden sprinkler which is about 5 – 8 gallons per minute. I have added a new outside hose to provide this. Why Not!

All of this equipment can create for us a pile of snow about 15 feet wide and 25 feet long about one to two foot deep, in a good 8-hour night. Recently we have had some very cold days and nights. Our snow pile is now about 12 feet tall. We constantly move the equipment to account for wind and we try to avoid getting snow in the road. We are now going to move all this equipment around to create a wider terrain park.

What do we do with all this? Last winter our Boy Scout Crew ([www.scouting.org/programs/venturing](http://www.scouting.org/programs/venturing)) did training on Quinzhee building, survival shelters in snowbanks. In addition to some pretty spectacular snow forts this winter will be back yard snowboarding, snow tubing, etc. We are outside every day adjusting and refining to meet whatever goals the kids come up with. It may be overcompensating but there is no greater satisfaction for this parent then watching our kids develop skills that will serve them in life. Giving them a place to practice life skills. So let it Snow – Why Not.

Even though I say "Why Not" I do think about the electricity this system uses and the carbon footprint. I can only beg leniency for not only do we have solar panels, but we are enrolled in the Green Energy program

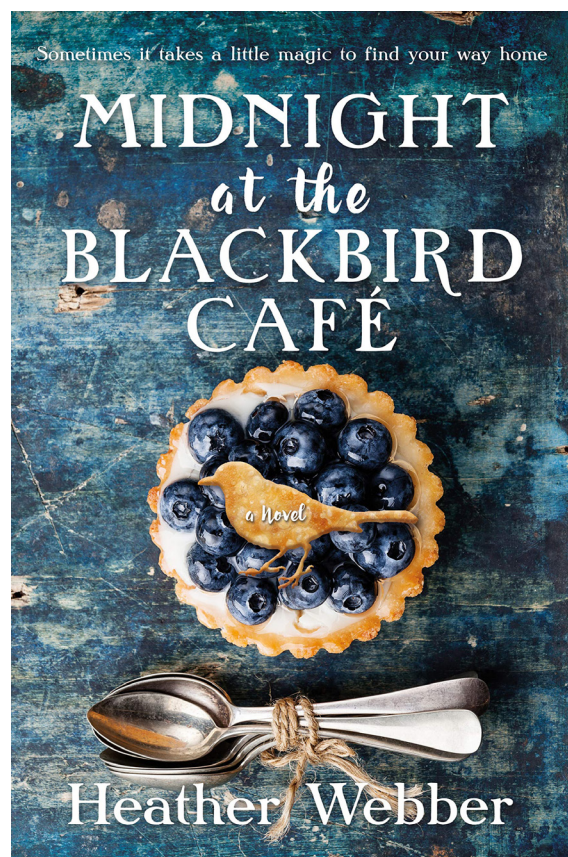




*Christie Hegyi Gardner*

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## MIDNIGHT AT THE BLACKBIRD CAFE



Our most recent read was 'Midnight at the Blackbird Cafe' by Heather Webber. If that title doesn't draw you in, the gorgeous picture of a tart on the cover will certainly seal the deal.

This charming book turned out to be the perfect cure for a dreary, cold, 'spike in virus' type of January. It was filled with bright, easy to picture characters, a hot and humid location (a fictional small town in Alabama), mouthwatering descriptions of tasty southern fare and even a bit of magic!

The author was inspired to write the book after hearing "Blackbird" by The Beatles. She even created a playlist to go along with the book <https://www.torforgeblog.com/2019/04/18/listen-to-the-midnight-at-the-blackbird-cafe-playlist/>

The plot is filled with many themes, such as family, promises, secrets, regrets, love, forgiveness and following your personal path....and to think it all was sparked by a song. Its always fascinating to learn how an author is inspired to create. The last line in an interview below she shares " If you look for magic, you'll always find it, and I'm always looking."

<https://deaddarlings.com/interview-heather-webber-author-midnight-blackbird-cafe/>

Keep looking for magic! Read the book and let us know if you would eat a slice of blackbird pie.

Book Club meets the 3rd Tuesday of the month. **Contact Christie at [chegyioptonline.net](mailto:chegyioptonline.net) for further details.**

## HUB LAKES

*Bill Sempier- Hub Lakes Rep*

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### **LEAGUE COACHES, COORDINATORS AND INTERESTED PLAYERS NEEDED**

Lake Parsippany participates in Hub Lakes sports league. We compete against up to 11 neighboring lakes. This is a semi competitive sports league. These are team sports, not clubs.

The teams are open to only members that have paid the FULL/Premium 2022 fee, live within the Original Purchase Tract and are members in good standing.

The following teams could be fielded if there is enough interest. Unless otherwise noted all teams are for 16 and older.

If we do not have coaches/ coordinators for each team by March 1, we simply will not have a team for that sport.

- Men's Fast Pitch Softball
- Women's Softball
- Men's and Womens Horseshoes
- Men's and Womens Volleyball
- Track and Field: One day meet ages 3 and up
- Bowling One day event
- Table Tennis ages 7 and up
- Swim team ages 7 and up

**For more information, please email Bill Sempier at  
Lakeparsports@gmail.com**

*League coaches, coordinators  
and interested players needed*



*Katie Vesper*

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For the month of February, to keep everyone safe because of the resurgence of COVID-19, we will not be hosting any events in the LPPOA Clubhouse. Stay safe!

Kids Secret Valentine Exchange: Be on the lookout for the flyer and the registration information. This event will be the same as the event that took place last year! Members will be able to sign up their children through February 6th and then the Secret Valentine exchange will take place on February 13th. Again, be on the lookout for the flyer for more information!

#### **MARCH EVENTS:**

For March we plan on hosting a Holi Event on March 19th at Johnson's Beach from 2-4 pm (please be on the lookout for the flyer which

will contain more information as well as the registration information). We also hope to host a St. Patrick's Day Event, but we are hoping to get more members from the community to help us with running this event. If you are interested in participating in the planning and organizing of this event please reach out to us via our email!

Be on the lookout for blast emails of flyers to detail all community events for the 2022 calendar year!

Most of our events are sponsored by donors throughout the community. If you or someone you know would like to sponsor an event, like the monthly scavenger hunt, please let us know!

We would like to thank everyone in the community for your continued support.

**If you are interested in joining us at our next meeting, please reach out to us at [lppoa.events.committee@gmail.com](mailto:lppoa.events.committee@gmail.com). We would love to have you attend!**

**Committee Chairs:** Brigid Crimmins and Katie Vesper

**Committee Members:** Marilyn Ammirata, Nirali Desai, Jennifer DeStefano, Chrystal Immediato, Darshana Kalavadia, Don Phelps, Deepa Tailor, Bonnie Starr, Pulkit Desai



JOIN THE FUN WITH OUR SECOND ANNUAL

# Secret Valentine


Each registered child will receive a gift from their Secret Valentine. For each child you register, you will also be buying a gift for someone else as their Secret Valentine.

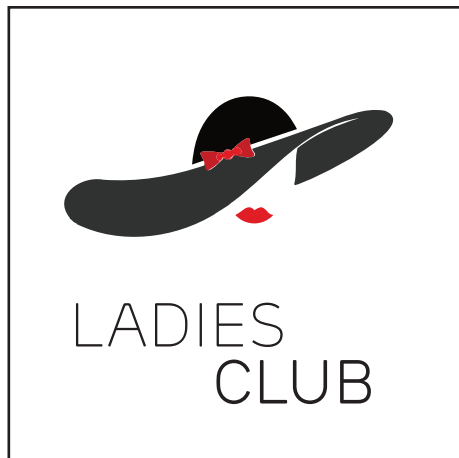
This event is geared toward children ages 1 -11  
Gifts should be within a \$10.00 - \$15.00 range

Gifts should be dropped off at your secret valetine's home on  
2/13/22 between 9:30 - 1:00 PM

OPEN TO MEMBERS IN GOOD STANDING - MUST REGISTER BY 2/6/22  
PLEASE CLICK THE FLYER OR VISIT THE LPOA WEBSITE TO REGISTER



This flyer was created  
using elements from:  
 freepik.com



*Jenn DeStefano*

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## \$200 TO THE PARSIPPANY EMERGENCY FOOD BANK

Due to the resurgence of Covid 19, the club decided to postpone the TAROT CARD reading that was originally scheduled for the end of this month. We are trying to firm up a March date, more information to come on that.

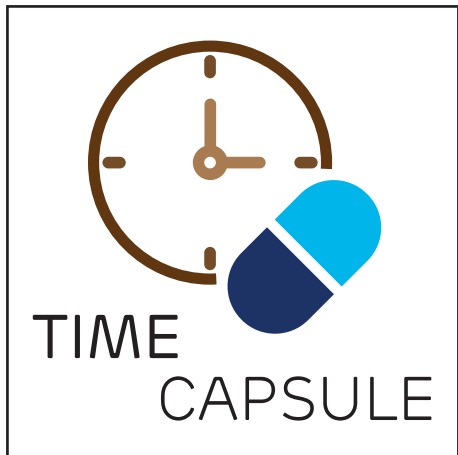
We continued with our annual contributions to a needy family in Parsippany, hopefully helping to make their holiday a bit happier. Other members of the club graciously donated money for gift cards as well.

Our January progressive dinner planned had to also be postponed until, hopefully February 18th. This is a club only function enjoyed by all of the club members, now 17 and growing!

For the month of February, the club will be donating \$200 to the Parsippany Emergency Food Bank.

We are busy planning more fun events for the spring and summer. Please be on the lookout for flyers and Face Book announcements, as well as mass email announcements.

**We are constantly looking for new members. If interested in getting to know some of your neighbors and have fun while doing it, contact Maureen, at [meomaster@verizon.net](mailto:meomaster@verizon.net)**



*Sebastian Ostolaza*

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## LPPOA FISH STOCKING PROGRAM

The LPPOA started the Fish Stocking Program in 1969 and continues to this day. The first year saw the stocking of Trout only, to be on hand for the beginning of the fishing season on April 5. Fishermen had and must continue to comply with all state regulations and association rules. To ensure a successful trout stocking, the lake was closed to fishing from 8:00 a.m. on March 29 until 8:00 a.m. April 5.

By 1970, The Fishing Club was an integral part of the program. The fishing club, led by Herbert Petersen, President; Edward Liebl, Vice

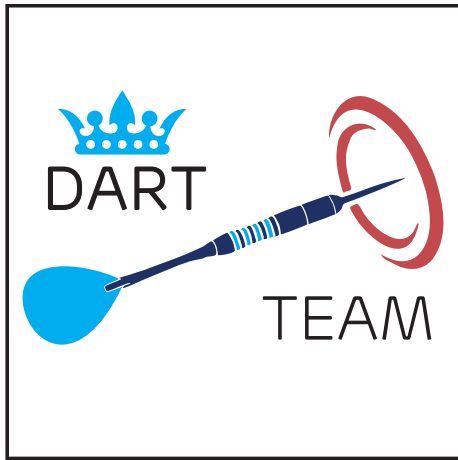
President; Frank Forschaver, Treasurer; and Steve Sharaldi, Secretary, stocked the lake with 500 hybrid rainbow trout on March 28, 1970, at the boat house.

Later that spring the group stocked the lake with 2,000 tagged largemouth bass which were raised in Mirror Pond. The club requested that tagged bass be released with tags intact until 1971 and no bass smaller than 12 inches be kept until June 15. All fish are from the proceeds of a venison dinner held at the clubhouse by the fishing club on February 28. Tickets were sold for \$3 per person.

In December 1970, the fishing club stocked the lake with 1500 fingerling trout and some of larger size. The club used funds raised in their October 17 Spaghetti & Meatball Dinner at the clubhouse. Tickets cost \$2.50 per adult and \$1.50 per child.

The fishing club continues this tradition with fundraisers to help offset the cost of trout stocking the lake today. Fish are important to aquatic ecosystems because healthy fish populations tend to mean a healthier aquatic environment.

Next time you see a fishing club event, know that your participation is making a difference.



***Sebastian Ostolaza***

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## A STRONG WIN AGAINST RAINBOW LAKES

The Lake Parsippany Dart Team's season starts with a strong win against Rainbow Lakes.

This season, the team is focused on making the playoffs for another chance at the Hub Lakes Title after coming in 2nd place last year. Coach Rob Gibilisco held many excruciating practice and training sessions prior to the start of the season and it has paid off. Assistant Coach Randy Vyskosyl has been vocal about nutrition and has been sending pics of healthy meal choices at restaurants during his travels.

With some of our best players sidelined at the start of the season, it was up to our junior players to step up and carry the team. One of our top players, Andy Steinberg, was sidelined recovering from an injury, but that didn't stop him from keeping the team hydrated. Drew Magnusson has been training in Florida since the end of last season and will return once the weather gets warmer in Parsippany.

The team is off to a great start and will keep the momentum going when we face Cedar Lake on February 25, for a rematch of the 2021 championship match.





**SAVE THE  
DATE**

**SUPER BOWL  
PARTY**  
**HOSTED BY THE  
MENS CLUB**

ON SUNDAY, FEBRUARY 13TH  
THE MEN'S CLUB WILL BE HOSTING  
THE ANNUAL DAN O'CONNOR MEMORIAL  
**SUPER BOWL PARTY.**

YOU CAN ALSO EMAIL BILL SEMPIER AT [LAKEPARSPORTS@GMAIL.COM](mailto:LAKEPARSPORTS@GMAIL.COM)

At press time we are monitoring the rules about Covid. More Information about the event will be provided via mass email and Facebook.



*Jenn DeStefano*

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## RED HOT VALENTINE SLIME

This is such a fun Valentines Day activity!! Kids love the gooey, slimy texture of SLIME! Now add to that the subtle, sweet smell of cinnamon Red Hot candies and now you have a real winner! We have a sensory activity for kids that appeal to lots of senses at the same time. So pick up some Red Hot's, Red Glitter Glue, and Borax and you are ready to make this amazing valentine slime. Make this valentines day slime in February with your toddlers, Pre-School, Kindergarten and grade school children.

Slime has a wide appeal from toddlers who love getting their fingers in the wonderful texture which strengthens their small hands to school age kids who stretch it and play creatively with it. The Red Hot Valentine's Day Slime has a wonderful consistency that stretches beautifully and stores for a long time in a Ziploc bag. This is a fun Valentine's Day kids activity they will love to do over.

### Supplies needed:

Red Hot's, Red Glitter Glue, Borax

### Procedure:



1. Put 1 cup water and 1/2 cup red hots candy in the microwave for 3 minutes.
2. In a large bowl empty 2-3 - 6oz bottles of red glitter glue. You can easily buy this at Target or Wal-Mart.
3. Now pour out the water only from the red hot mixture - that will give you a beautiful red color and smell without adding texture to the slime .
4. Finally, in a separate bowl, mix 1 teas borax and 1 cup very warm water. Once dissolved pour it into the well mixed glue & red hot water mixture.

5. After mixing for a couple minutes pull out the slime mixture. Discard the leftover liquid. Now you have some beautiful red, sparkly cinnamon scented slime your kids will love!

*Kids Korner (Cont.)*

## HOW TO RAISE A HEART HEALTHY CHILD

### 1. KEEP MOVING

Exercise as a family; ride bikes, take a walk, go swimming or play games outside.

### 2. BE POSITIVE

Make heart health fun by incorporating games into your family activities or walk to a park for a healthy picnic dinner. Celebrate successes to promote a positive sense of self-esteem.

### 3. LIMIT SCREEN TIME

Excessive screen time leads to a sedentary life style and constant snacking, which increases the risk for obesity and cardiovascular disease. Limit TV, computer and phone time to two hours each day.

### 4. SCHEDULE CHECKUPS BEFORE SPORTS SEASON

If your child is an athlete, have him visit the pediatrician for a physical evaluation to rule out the risk of sudden cardiac death. While this is rare in otherwise apparently healthy teens, it must be addressed to identify those who are at risk.

### 5. GO TO THE GROCERY STORE TOGETHER

Learn more about reading nutrition labels and make it fun for your child. Staples in your

kitchen should be 100 percent whole wheat or grains, low-fat dairy products, poultry, fish and nuts.

### 6. KEEP HEALTHY OPTIONS ON HAND

When your child gets home from school, give him healthy snack options such as whole grain crackers and string cheese, hummus dip and vegetables, Greek yogurt with apple slices, nuts and dried fruit.

### 7. MAKE DINNER A FAMILY AFFAIR

Involve your child in cooking and planning meals.

### 8. CHECK SALT INTAKE

Avoid processed foods and keep salt shakers off the table.

### 9. STAY INVOLVED

Be an advocate for your child and others. Insist on good food choices at school. Make sure your child's pediatrician is monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.

### 10. BE REALISTIC

Set realistic goals and limits. Small steps and gradual changes can make a big difference in your child's health over time, so start small and build up.



*Kids Korner (Cont.)*



I spy, 1 lily pad, 2 swans, 3 fish,  
4 frogs, 5 flies, a duck in a kayak.





**LAKE**parsippany

property  
owners  
association

