

PARENT TIMES



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Thank You!

First and foremost, we could not exist but for the very generous help from our sponsors:

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Dear NCPG Members,

We are so happy to be serving the NCPG members along with our awesome board of directors. We have so many fun things planned this year in addition to the wonderful knowledge we all will be gaining from our talented group of teachers.

We started out the year's activities in September with our first **Mom's Night Out** which was a great evening on the patio at O.S.H.O. filled with yummy food and good conversation. Next up is our family **Halloween Party** in October followed by a special **Mom's Morning Out** in November at First Fig Culinary Adventures for a cooking demonstration class called "Homemade Holiday Gifts from the Kitchen." Watch for the Evites on these events with more details.

We are thrilled to be selling **The Care Card** again this year. This is a wonderful opportunity to raise money for NCPG, as *20% of the proceeds from the card sales from NCPG will go back to our organization.* The Care Card is \$50.00 and you can shop at over 600 participating retailers and save 20% off your total bill. In addition, by purchasing the Care Card you will be giving hope and help to UMOM New Day Centers which breaks the cycle of homelessness. The shopping days for Care Card are October 19th - October 28th.



We are also excited to be partnering with Artistic Impressions by Mara again this year. Former NCPG member, Mara, is offering special discounted pricing for NCPG members when you schedule your session for October 6th or 7th, or any date before October 15th if those dates don't work for you at her studio located at 3120 N 44th St Phoenix AZ 85018. 10% of the proceeds go directly back to NCPG!

To book, register at today's meeting, or call 602.263.5098.
www.artisticimpressionsbymara.com



Tricia Rochford and Lisa Barnes, Co-Presidents

If you are interested in introducing any products or services to your fellow members, please be sure to sign up to participate in the **Member Fair** coming up in November.

We are really looking forward to enjoying the great events and learning invaluable parenting techniques with all of you as NCPG members—we hope you are too! It's going to be a GREAT YEAR!

smile!



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WELCOME!

If you are new to NCPG
this year, "Welcome!"

AND REMEMBER:
Refer your friends, and they can
try their first class for FREE.

Life Stages

Preparing financially for a family

by Matt Krantz, USA TODAY, September 24, 2012

<http://usat.ly/Uz6yod>

Close, a 29-year-old financial planner in the Detroit area, is used to dishing out advice for others. And since the birth of his daughter Violet on Sept. 13, he and his wife, Jackie, are finding themselves in the position of planning for one of the most major financial events in many people's lives. One that catches many off guard.

Planning for a child is a financial mind-bender because there are so many unknowns, ranging from the baby's health to future needs and interests that the child might develop later in life. A trip to the emergency room or proclivity of a kid toward an expensive hobby can sink a couple that had been financially independent before having kids.

"There are huge unknowns," Close says. "There are new expenses you can't fully anticipate."

There's also the sheer magnitude of the cost of raising a child, which is one of the biggest expenses Americans face. It costs the average middle-income family \$234,900 to raise a kid from birth to age 18 in current dollars, says the U.S. Department of Agriculture. That's up 23% from what a family spent to raise a kid in 1960, adjusting for inflation.

"If everyone sat down and looked at the costs, the whole species would be extinct in 20 years," says Lynn Ballou, a financial planner in Layfayette, Calif., who raised two adopted children. "And sometimes we don't know what the costs are going to be."

Given the extreme trickiness of financial planning for a new member of a family, parents and financial planners urge couples approaching this stage of their lives to:

Build A Cash Cushion

It's prudent for anyone to have enough cash in the bank to hold them over for three to six months. But given the tremendous unpredictability

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*NCPG is a non-profit, non-denominational organization
providing classes to parents of infant to pre-school age children.*

www.ncpgaz.org



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Parent Times

Members, this monthly newsletter is for YOUR benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! We don't want this to be something that gets lost in your stack of mail. Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Thanks for your help!



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News & Events



Day Class

October 3rd and October 17th

Evening Class

October 10th and 24th

Care Card Shopping Days

October 19th – 28th

Halloween Costume Party

Saturday, October 27th, 10am-Noon

Sweet or scary...dress your little ones as a ghost or a fairy!

Join us from 10am – Noon at the **Christ Church School** playground located at 4014 E. Lincoln Dr. in Paradise Valley for a lot of Halloween Fun. There will be entertainment and crafts for the little ones and food for all.

Paradise Valley Mothers of Multiples (PVMOM) Fall & Winter Sale

Saturday, October 6, 2012

Scottsdale Bible Church, Town Centre Building

7601 E. Shea Blvd., Scottsdale, AZ 85260

SE corner of Shea Blvd. & Miller Rd.

(Extensive parking in the rear of campus, enter off Miller Rd.)

SHOPPING TIMES:

9:00am – 11:00am:

Public shopping with \$3 entry fee; no children or strollers or baby carriers please

11:30am- 1:00pm:

50% off Sale! Half off hundreds of items. No entry fee; children admitted, no strollers or baby carriers please

Cash & Visa or MC accepted

ALL SALES FINAL - NO EXCHANGES OR REFUNDS.

QUESTIONS:

Please contact us at pvmomsale@hotmail.com

We will also be collecting donations to benefit the Paradise Valley Emergency Food Bank. Please help us support them by bringing your non-perishable food items to the entrance the day of the sale.

Holiday Cooking Demonstration Class

Saturday, November 10th

Enjoy a wonderful morning out at **First Fig Culinary Adventures**. The class will feature homemade holiday gifts from the kitchen with packaging and wrapping ideas. An example for the class is: spiced nuts and rosemary cashews, homemade ricotta cheese spread and homemade crackers, and lemon curd with dried cherry scones. Breakfast will also be served on the patio with mimosas. First Fig offers private cooking classes using local, seasonal and organic ingredients. First Fig is located in the lovely home of the local chef in Scottsdale, Arizona with lush grounds and gardens. **The reduced cost for attendance is \$30 per person.** Look for an invite in your e-mail soon.

Christ Church School Open House

November 8, 9:30am - 11:30am

Come tour our campus, meet our teachers and learn about our programs serving ages 18-months through third grade. 4015 East Lincoln Drive, Paradise Valley. For additional information call 602-381-9906. www.ccsaz.org

Hubbard Family Swim School and Arizona Sunrays 4th Annual "Swim & Gym Festival"

Saturday, November 3rd, 2:30pm to 6:00pm

Kino Plaza, 13832 N. 32nd Street, Phoenix, AZ 85032

WHAT? - Enjoy FREE Indoor Family Swim from Hubbard Family Swim School, and FREE Gymnastics, Dance & Karate lessons from Arizona Sunrays! Live music! Phoenix Police cars/ Fire trucks! Bounce Houses, food, face painters and more!

WHY? - Bringing fitness and community together to support an amazing charity, Phoenix Children's Hospital!

HOW? — 5 Ways to Contribute:

- Come to the event!
- RSVP and share the event on Facebook! -- www.facebook.com/events/387246128014898/
- Buy a booth (\$100 donation to PCH gets you a booth)
- Buy a PCH balloon (\$1 small or \$25+ large)
- Sign up to volunteer at the event

For more information: www.hubbardswim.com/swimgym

Education

Seedlings Preschool at The Desert Botanical Gardens

Let your children discover the wonders of the desert alongside their parents or caregivers in this nature-based enrichment program for preschoolers. A theme is introduced each week with new discovery centers, songs to sing, yummy snacks and engaging activities to captivate young minds.

Guided by caring and experienced teachers, Seedlings blends the Garden's unique resources with imaginative and fun ways to learn about plants and animals in our desert backyard. We use music, stories, arts and crafts, nature walks, movement, touch and observation to explore the theme each week.

Register now for the Fall Session: October 16 – November 16. Classes for ages 3-4 and 4-5. For more information, contact Children's Programs registrar at teachersvp@dbg.org or call 480.481.8121 or visit: <http://www.dbg.org/education-programs/kids-camps-programs/seedlings-preschool>



On Stage

"How I Became A Pirate"

Valley Youth Theater, Oct. 12-28

An Arizona musical premiere! A young boy is recruited by pirates to help find the perfect spot to hide their treasure. Based on the best-selling children's book by Melinda Long.

"Pirate's musical has look and feel of a Disney movie." -- Omaha World-Herald
"Parents were having as much fun as the kids." -- Dallas News

"Little Bunny's Halloween"

Great Arizona Puppet Theatre, Oct 3 - Oct 31

Wed-Fri only at 10am, Sat 10am & 2pm, Sun 2pm.

The perfect puppet show for little folks at Halloween. Cute and funny!

Preschool- Grade 2; Call GAPT at (602) 262-2050 for reservations.



Plan Your Play Date (October hours)

- Phoenix Children's Museum
Tuesday through Sunday: 9am to 4pm
- Phoenix Zoo
9 a.m. – 5 p.m. (daily)
- Arizona Science Center
10 a.m. - 5 p.m. Daily
- McCormick Railroad Park
(Train and Carousel), 10am - 6:00pm Daily
- Phoenix Downtown Public Market
Eat Fresh, Buy Local. Open-Air Markets
(Wed 4p-8p and Sat 8a-Noon).
Food Truck Friday (11a-1:30p).
- Desert Botanical Gardens
7 a.m. - 8 p.m Daily



NCPG 2012-13 Instructor Roster

We are delighted to have a fabulous group of teachers returning to NCPG this year with a few new additions! We encourage you to get to know a little bit more about all of these wonderful women. Also, our Class Reps will again be working hard to update you on the latest NCPG events and will be planning some great play dates throughout the year.



Monique Nelson RN

PRE-INFANT

(Pregnant as of September 2011)

INFANT I (0-6 months)

Monique, a native Arizonan, received her Bachelor's of Science degree from Arizona State University in biology/premed. However, she had a slight change in career plans when she met and married her husband of 16 years, David. She decided to stay in the valley and went back to school to attain a degree in Nursing and became a registered nurse, with her focus on pediatrics. Monique worked as a pediatric triage/advice nurse for North Scottsdale Pediatric Associates for 15 years. She teaches not only for North Central Parenting Group but Scottsdale Parenting Group as well. She also taught for East Valley Positive Parenting group before the group dissolved. Monique is the proud parent of two children, Taylor age 13 and Dylan age 8.



Amy Stewart

INFANT II (7-12 months)

& EVENINGS

Amy has a Bachelor's of Science degree in Nursing. She has worked as a Registered Nurse at Scottsdale Healthcare Shea for the past 9 years. After becoming a mother, Amy switched her nursing roles from adult care to pediatrics. She has earned her pediatric nurse certification. Amy has directed various programs and teaching projects throughout the hospital system. She has also led women, family, and children groups with her church organization. Amy feels her greatest accomplishments are found in her home. She loves being the wife to her husband Drew and mother to her son Merik, 3 and daughter Sophie, 1. Amy loves being active and enjoys competing in sprint triathlons.



Patti Carter

TODDLER I (13-20 months)

An Arizona native, Patti has a Bachelor's degree in Education, a Master's degree in Counseling, a Law degree, and a Professional Certificate in Nonprofit Management. Over the past twenty five years, Patti has taught for a variety of programs, working with toddlers through adults. She conducts workshops and courses for students, parents and professionals on child development, parenting, and family relationships. She also works as a nonprofit consultant, specializing in program development and fundraising. In her free time, Patti is very involved in animal rescue and fosters/adopts out dogs and cats. She also likes to squeeze in a yoga class or a good book! Patti and her husband have 3 adult children: Leah 26, Mark 24 and Steven 22.



Michele Royan

TODDLER II (21-29 months)

Michele has been a guidance counselor for over fifteen years, most recently with All Saints' Episcopal Day School. She focuses on helping parents develop their skills to handle children's behavior and to put the fun back into family life. She loves leading parents on a journey which helps them realize the values and attributes they want to pass on to their children and how they can be the family they want to be. She helps parents raise children through modeling confidence, self-reliance, self-esteem and humor to reach their full potential. She teaches very practical skills to encourage cooperation, ensure good relationships between parent and child and manage challenging behavior. Michele has a Master's degree in Child Clinical Psychology, and was trained by the Love and Logic Institute in January of 2003. She has been facilitating the course ever since, as well as facilitating family workshops for 6 Seconds, the Social/Emotional Intelligence network and for Top 20-Parents, students and teachers. She has been working with families in the Valley since moving here in 2005 from Cleveland, Ohio, where she was Director of Counseling at the Hathaway Brown School. She has also been a grief facilitator with New Song Center for Grieving Children, under the umbrella of Hospice of the Valley.



Barb Grady

PRE-SCHOOL I (30-40 months)

Barb Grady loves teaching for NCPG and has done it over 20 years. She is a nationally certified counselor and counsels at GateWay Community College where she also coordinates the adult re-entry program. Barb taught preschool, Kindergarten, 1st and 2nd grades prior to becoming a parenting instructor. Barb has provided counseling services for families and emotionally disabled children for the Tempe School District. In 1999, Barb began her business, Parenting- Plus, where she offers parenting classes, personal growth groups, individual consulting and life/parent coaching for both adults and children. Barb trains preschool and elementary school teachers in emotional intelligence, brain-based learning strategies and classroom management techniques. Barb has two daughters: Jody, 27 who is a nurse, happily married and has a 9 month old son Carter, and Annie, 23 who works for the non-profit Windsong and is passionate about sustainability. Barb is delighted to return this year to share, motivate and inspire parents.





Tibby Cornelius

PRESCHOOL II (41-50 months)

Tibby Cornelius is CEO (Coordinator of Exciting Optimism) of Jest in Time. She founded Jest in Time 19 years ago to teach and motivate others to invite more laughter, humor and play into their lives. Tibby has a B.A. in psychology from Westmont College, and a Master of Counseling Degree from ASU. She also is a Certified Parent Effectiveness Training Instructor, Certified MegaSkills Instructor, Certified Positive Discipline Instructor, Adjunct Faculty of Phoenix College, Faculty of AGTS, Certified Laughter Leader. Tibby has been happily married to her husband, Dennis, for 40 years and has three huge grown sons, three adorable daughters-in-law and six wonderful grandchildren! She has worked with thousands of people nationally teaching them how to live happily ever laughter.



Penny Liston

PRE-K (51-59 months)

Penny's parenting journey began in 1976, and by 1978 she had two boys and began attending Parent Study at this very church. What a full circle she has traveled! As a retired teacher of 25 plus years, mostly in the primary grades and now a co-author of "Planning Children's Birthday Parties—Libby and Penny's Survival Guide" she is ready to guide parents in the job of raising healthy and productive children. Penny has five grandchildren ranging in ages from 8 to 2 that all live in this community. It is her greatest joy to have time to spend with them as they learn and live life! She looks forward to sharing her experience through discussions, problem solving, research, and current topics.

Philanthropy



We will be collecting donations for Toys for Tots and the International Rescue Committee's (IRC) Maternity Program & Early Childhood Care Program throughout October, November and December. A collection box will be located in Nelson Hall every class this fall where you can drop off the following items in need:

- New unwrapped toys up to the age of 12
- Gently used infant car seats
- Diapers
- Sippie cups
- Kid's dinnerware & utensils
- Developmental toys

Toys for Tots is a program of the U.S. Marine Corps Reserve. The donated new toys will be distributed as Christmas gifts to needy children in the community of Phoenix. The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive and patriotic citizens. IRC's Maternity Program provides Pre & Post-Natal care to refugees. Participants in the program receive a car seat to safely transport their infant to medical appointments. IRC's clinical care coordinators help families establish a medical home and establish routine preventive health behaviors. Three home visits during a six-month enrollment period help families increase their health literacy and knowledge of early childhood development.

My 2-year-old hits me when he's angry. How can I get him to stop?

Penelope Leach, Child Psychologist

Children have the right to use their bodies to express their feelings, but they don't have the right to hurt someone. Even if you generally let other kinds of misbehavior slide, you need to draw the line at letting your child hit you in anger.

Of course, this doesn't mean that when your 2-year-old hurts you, it's okay to hurt him back. If your child hits you and you spank him or discipline him by force, you'll only teach him that aggression is an acceptable way to express his feelings or to get what he wants. Instead, take your child's hands and say, "No hitting. I know you're angry, but we don't hit people. Hitting hurts."

Some experts suggest that parents offer an angry child a harmless way to "vent" his pent-up fury, such as pummeling a special pillow. This, in my opinion, is a mistake. Anger is a feeling, and feelings don't get "used up." In fact, it's clear from recent research that "harmless violence" is a contradiction in terms. A child who's encouraged to wallop his pillow in anger is more — not less — likely to see walloping a person as an acceptable alternative.

When your child behaves aggressively, be clear with him that it's not his anger you disapprove of, but his violent expression of it. Don't tell him not to get angry or not to show that he's angry. Simply acknowledge his feeling — and perhaps even sympathize with it — but then remind him that it's much more constructive to use his words to tell you why he's upset.

Preparing for Halloween

Halloween Safety Tips from the American Academy of Pediatrics

Costume Selection

- Choose costumes that are bright and reflective and flame retardant
- Make sure that shoes fit well
- Shorten costumes so children won't trip
- Add reflective tape to costumes and bags for visibility
- Use non-toxic makeup as a safer alternative to masks
- Make sure swords, canes, or other items are not sharp or too long

Carving your Pumpkin

- Let your kids draw a face with markers then you can do the cutting
- Use a flashlight, glowstick, or votive candle to light your pumpkin
- Candlelit pumpkins should be placed on sturdy surfaces away from flammable objects and should never be left unattended

On the Homefront

- Remove objects, toys, or other items from your yard and front porch that children could trip over
- Make sure outdoor lights are on and in good working order
- Never leave a burning candle unattended
- Restrain pets so they do not jump on or bite any trick-or-treaters

Trick-Or-Treating

- Only go to homes with a porch light on
- Stay on well-lit streets and always use the sidewalk; if a sidewalk is not available, walk at the far edge of the roadway facing traffic
- Use flashlights with fresh batteries for all children and escorts
- Glowsticks, while popular, don't illuminate as well and can burn out quickly
- Never enter a stranger's home for a treat
- If going with a group, plan and review a route, carry a cell phone, and agree of a time that you should return home.
- Never cut across yards, between parked cars or use alleys.

Staying Healthy

- Feed your children a healthy meal before trick-or-treating to discourage snacking along the way
- Consider buying non-food items such as coloring books or small toys for trick-or-treaters who visit you
- Insist that treats be brought home for inspection before anything is eaten
- Throw away any candy or food item that is unwrapped
- Inspect candy wrappers for small holes and torn packaging

Halloween falls
on a Wednesday
this year!

According to timeanddate.com,
the predicted sunset time on
Halloween is 5:37pm.

Popular Halloween Costumes for 2012

Rapunzel
Smurfs
Harry Potter
Disney Princesses
Monster High
Owls
(currently ranked #1 costume for babies!)

Lions
Bears
Superheroes
(Spiderman, Batman, Wonder Woman)

Avengers
Angry Birds
Olympic Athletes
Wizard of Oz
Star Wars
Honey Boo Boo



Musicology is an enhanced music program designed specifically for newborns through 3-year olds. Parents and caregivers are along for that important one on one time with their child, while an experienced teacher orchestrates the fun! Classes are divided into specific developmental age groups which promote language, rhythm, motor skills, self-esteem, creativity and joy!



Locations in Scottsdale and Gilbert.
Now offering Weekday and Saturday Classes

Contact us to schedule your
FREE Trial Class!

www.musicologyaz.com
480-596-4020

of children, the importance of a cash cushion is magnified, says Laura McMahon, a financial planner in Indianapolis and mother of a 14-year-old son. It's not unheard of for parents to have more than six months of cash, just in case something unexpected happens.

Waiting too long to create a rainy day fund might leave families exposed. Most families spend \$12,290 to \$14,320 a year to raise a child, a big financial burden to deal with as well as save money for emergencies.

Review Insurance Coverage

If there's one thing expectant parents know they'll probably need, it's additional life insurance, Close says. Given the higher costs of raising a child, a surviving spouse would need access to cash in case something were to happen. Parents need to consider how much income would have to be replaced if something happened to one of the parents, he says.

But the review of insurance coverage shouldn't stop at just life coverage. Couples frequently underestimate how much their medical costs will rise and should re-evaluate what plan they're signed up for and whether it's still appropriate, McMahon says.

Get Estate Planning

After you have a child, it's not all just about you and your spouse anymore. You need to quickly make contingency plans for the new member of your family, Close says. It's imperative to get the legal documents in place that will assign a guardian for your child

if both parents were to die prematurely, he says.

Meanwhile, Close often encourages young parents to set up a trust that would be established to care for the child as well as designate a person to manage the financial affairs.

Look Long Term

Given all the obligations that need to be handled even before Junior utters his first word, it's easy for parents to lose sight of other, even bigger, financial obligations down the road. College planning is perhaps the biggest looming financial hurdle. Some parents think it's too soon to think about saving for college when a child is just born.

But by starting to save when a child is born, or even before, parents can dramatically reduce the financial strain of the process.

Be Adaptable

Parents and financial planning experts insist that parents should have a financial plan, but build in flexibility. Much of what's enjoyable about having kids is the unpredictability they bring.

To cover unexpected costs, Ballou recommends parents save 5% to 10% of income each year to cover "unknown costs."

Despite the challenges of planning for children, though, it's well worth the time.

Having a plan for money in place allows parents to focus on being parents, which is already emotionally and physically demanding, Cheng says. "If your finances are strong, you can focus on being a better parent."

Saving for College: Tips on 529 Plans, Scholarships

by John Waggoner, USA TODAY



In the old days, parents celebrated the arrival of a new child by roasting a mastodon. Today, they start a college savings account. And no wonder: A year of tuition and fees at the average four-year private college cost \$28,500 in the 2011-2012 school year, says the College Board. So how do you get your child through college? USA TODAY asked readers for tips — and got some great ones.

Start a 529 college savings plan.

The basics: A 529 plan lets you sock away cash tax-deferred until your child goes to college. While your state may offer tax breaks for investing in its plan, you can invest in any 529 plan in the country and use the proceeds for costs at qualified colleges in any state.

Most states have two options. The first is a prepaid 529 plan, which lets you buy tuition at today's prices. You can apply your savings to out-of-state or private schools. The second is a savings plan. You get a choice of several investment options, much like in a 401(k)

savings plan. If you want advice — and are willing to pay for it — you can invest via a financial adviser. If you're a do-it-yourselfer, you can invest directly in your state's 529 plan. You can find plenty of information about 529 plans at www.savingforcollege.com. Whichever option you choose, have the money automatically taken from your bank account or paycheck. It's easier to save if you don't have to write a check every month.

Don't be too aggressive.

In theory, the more time you have, the more heavily invested in stocks you should be, because stocks often produce higher long-term results. But the long term flies by quickly, and as your child grows older, you should ratchet back on the risk.

For example, \$100 a month invested in the Vanguard 500 Index fund starting in 1994 would be worth \$35,973 come 18 years later, according to Morningstar, which tracks the funds. The same amount invested in Vanguard Wellesley Income, a conservative mix of stocks and bonds, would have become \$46,100.

History rarely repeats itself: Stocks may well outperform hybrid funds such as Wellesley in the next 18 years. Rather than reach for more risk, consider investing more. Increasing your contribution by just 3% a year would boost your balance at the Vanguard 500 Index fund to \$44,453 and your Wellesley income account to \$56,436.

Mother's Liquid Helper

TIME Magazine, By Joel Stein Monday, Sept. 24, 2012

It took nearly a year after having our son for my lovely wife Cassandra to get her body back to where it was before. It took nearly three years to get her drinking back to where it was before. For a while, she and her new-mom friends met once a week at the playground to watch their kids and have cheese and wine. "Being a stay-at-home mom is isolating," she told me. "If you're chilling out with other moms, it's social. I guess we could have been meeting for tea, but that seems a lot more dorky and a lot less fun." I considered telling her that supervising a child should be more joblike than Studio 54--like. But that would mean she could start questioning every crucial two-hour work lunch I go to at high-end restaurants.

Moms drinking wine is now too normal to question. On Facebook the group Moms Who Need Wine has more than 640,000 subscribers. OMG I So Need a Glass of Wine or I'm Gonna Sell My Kids has 127,000. Stefanie Wilder-Taylor took mom drinking so far, through her blog and best sellers *Naptime Is the New Happy Hour* and *Sippy Cups Are Not for Chardonnay*, that she eventually had to admit she had a problem and quit. Last year, Clos LaChance wines asked a California court to declare that its MommyJuice line did not infringe on the trademark of rival wine Mommy's Time Out.

These are not the kinds of wines Cassandra would take to the playground, because while I might silently object to her drinking wine while watching our son, I'd get more upset about her drinking mediocre wine while watching our son. But if you're looking for American reds and whites at around \$10 per bottle, "they're perfectly nice," says Ray Isle, executive wine editor of *Food & Wine*. "It's not a wine I'd stick away in a cellar and age. But they're going for the opposite: you're supposed to drink it while your child is an infant."

Starting this month, one of the biggest American wineries is marketing directly to moms of young kids. Chateau Ste. Michelle in Washington has begun a Facebook campaign asking women to customize an equation to sum up what makes them want a glass. ("Me + a glass of wine - juice boxes + quiet time for 15 minutes = My Chateau.") The ads--tagline: "It's where you become you again"--will run in places women go when they're stressed out about taking care of their family, including *Food Network Magazine*, *parents.com* and Rachael Ray's website. The idea is that wine is the new Calgon bubble bath, or the new Valium.

Winemakers are marketing heavily to moms partly because a lot of women are moms, and wine is the female drink of choice: 52% of women pick it as their favorite alcoholic beverage, compared with 20% of men. (The numbers for beer are almost the exact inverse.) That's why Francis Ford Coppola Winery sells sparkling wine in a can with a straw attached--no lipstick smudges--and French and Italian wineries sell boxed wine in containers shaped like purses. It also explains why there is so much pinot grigio.

The push to sell wine to moms also reflects changes in how we view motherhood. A proliferating number of mommy blogs portray stay-at-home parenting as a gritty daily struggle. If a factory worker deserves a cold beer after a long day on the floor, then these women deserve their pinot grigio. Chateau Ste. Michelle's message to moms is that they can remain fun, chardonnay-swilling party girls in their off-hours, which seems fair. I don't want Cassandra just to be a mom all the time. If that means she has to brown-bottle it at the park with some cheese and crackers, I'm O.K. with that. But personally I don't think I could have a bad enough day at work to touch something called MommyJuice.



Read more: <http://www.time.com/time/magazine/article/0,9171,2124412,00.html#ixzz27aWnKBQA>



Hello!



Please welcome these summer additions to our NCPG family!



Jameson Thomas Schmitt
May 21, 2012

Weight: 7 lbs, 14 oz
Length: 20¼ inches
Siblings: Lillian (age 3½)
Parents: Alison & Justin



Henry William Gammie
July 16, 2012

Weight: 5 lbs, 14 oz
Length: 19½ inches
Siblings: Payton Gammie (20 months)
Parents: Brooke and Ben



Reagan Jeffrey Helm
July 30, 2012

Weight: 8 lbs, 4.8 oz
Length: 20½ inches
Parents: Emily & Ryan

Pick your Own Pumpkin

THE GREAT PUMPKIN FESTIVAL – Desert Botanical Garden, Phoenix

Take a hayride out to the Garden's pumpkin patch, where children 12 and under can choose their own free pumpkin. Get lost in the Amazing Hay Bale Maze, visit with adorable farm animals in the petting zoo, enjoy lively country and western entertainment and carnival style games. Free pumpkins for children 12 and under. Activities and hayride included with Garden admission. Pony rides for additional charge. October 25-26, 8:30am-12pm; October 28-29th, 8:30am-3pm. 480-481-8188.

MACDONALD'S RANCH PUMPKIN PATCH – Scottsdale

Petting zoo, hay maze, sack racing, a gem mine, western golf game, horseshoe pits. Additional vendors will be offering a bounce house, rides, face painting, sand art. Horse or Mule drawn Hay ride to and from the pumpkin patch. See the little pig Charlotte and her son Jimmy Dean, the miniature ponies, goats, sheep, the miniature donkeys Pete and Repeat and all of the other critters. October 5-21 from 9 a.m. to 6 p.m. daily (closes at 1 p.m. on Halloween) www.macdonaldsranch.com

APPLE ANNIE'S ORCHARD FALL PUMPKIN CELEBRATION – Wilcox

Enjoy old-fashioned family fun picking your own pumpkins, fall vegetables and apples. Pumpkins of all sizes, shapes and colors will be available for picking in our huge pumpkin patch. \$3/person fee includes hayride to the pumpkin patch and children's play area; children 2 and under are free. We-pick pumpkins will be available at the pumpkin stand. Every weekend in October 8:30am – 5:30pm.

www.appleannies.com/weekend-events

THE PUMPKIN PATCH TRAIN – Williams

Pick your special pumpkin at a secret pumpkin patch, only accessible by train. Ride aboard a historic rail car through the countryside where you'll deboard the train and enjoy the Fall in a festival-like atmosphere. Kids (and their parents) are encouraged to wear their Halloween costumes. Enjoy hot apple cider, pumpkin pie, crafts, coloring, a hay bale maze and more! Walk through our Haunted Train Car...if you dare! Children can decorate their new pumpkin with stickers and markers at the Williams Depot. When: October 6 & 7, 13 & 14, 20 & 21 and 27 & 28 - Departing Williams at 11:00am, 1:00pm and 3:00pm. How Much: Adults are \$20 and Children, age 2-15 are \$15.

www.thetrain.com/pumpkin-train-8498.html

PUMPKIN & CHILI PARTY – Schnepf Farms, Queen Creek

Activities include hay rides, pig races, roller coaster, swingin lady bugz, honeybee adventure, country road rally, miniature golf, 4 acre and 10 acre maze, flying farmers ride, bon fires, marshmallow roasting, carousel rides, petting zoo, lil farmers play yard, bmx show, live entertainment and extreme canine show. Train ride that becomes spooky at 6:30 p.m. Every Thursday-Sunday in October. Thursday, 10am to 9pm. Friday & Saturday, 10am-10pm. Sunday, 10am- 9pm. Admission: \$16 per person at gate (Check Fry's for discounted tickets). Children under 2 FREE. www.schnepffarms.com



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Plastic surgeon Lawrence Shaw has been on a long journey.

Born and raised in Long Island, NY, Dr. Shaw completed his residency in Arizona. Something about our state stuck with him, and he stuck with us. Dr. Shaw has been in practice for 25 years and has been board-certified... twice and included in the guide to *America's Top Plastic Surgeons*.

With 14-year-old twins, much of his free time is spent with family attending sporting events, dance recitals and school activities. His 'alone' time is found at 4:30 a.m. where he dedicates his time to physical fitness. Dr. Shaw and his wife of 17 years still feel it's important to have a date night at least once a week. A previous passion of his, golf, is now on the back burner.

Over the last 25 years, Dr. Shaw has had a particular interest in non-invasive aesthetic medicine to accentuate and prolong the effects of plastic surgery and by itself to allow men and women to 'age gracefully.' One of Dr. Shaw's most popular non surgical procedures that he offers is CoolSculpting, a non-invasive, no downtime fat reduction procedure.

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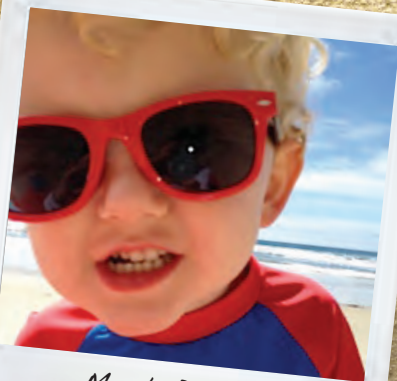
Kate & Drew Williams,
LaJolla, CA



Mackinley Konderik,
Mission Beach, CA



Sam Bragg, at his grandparents'
house near Prescott.



Monte DuVal,
screaming "Cheese!"



Riley Rochford
Kaanapali Beach, Maui, Hawaii



James Livengood,
Black Butte Ranch, Oregon