

Parent Times

May 2021



ncspg
north central parenting group
learn • connect • inspire



President's Corner

To our entire NCPG community,

It is certainly bittersweet as I write this **final letter as your NCPG president!** This past year has been filled with challenges and uncertainties for families everywhere! However, despite the numerous hardships, one cannot deny the shift in perspective and a deepened sense of gratitude for so many of us. I am hopeful that you are feeling optimistic as we look forward to a return to in-person classes in the fall!

We know this year has been different than in years past, and we want to thank you for your flexibility and willingness to stick with us. To show our appreciation, we are offering an extra-discounted rate of \$250 for existing members who register during **Early Bird Registration in April**. The registration fee for new members or anyone who registers on or after May 1st will be **\$320**.

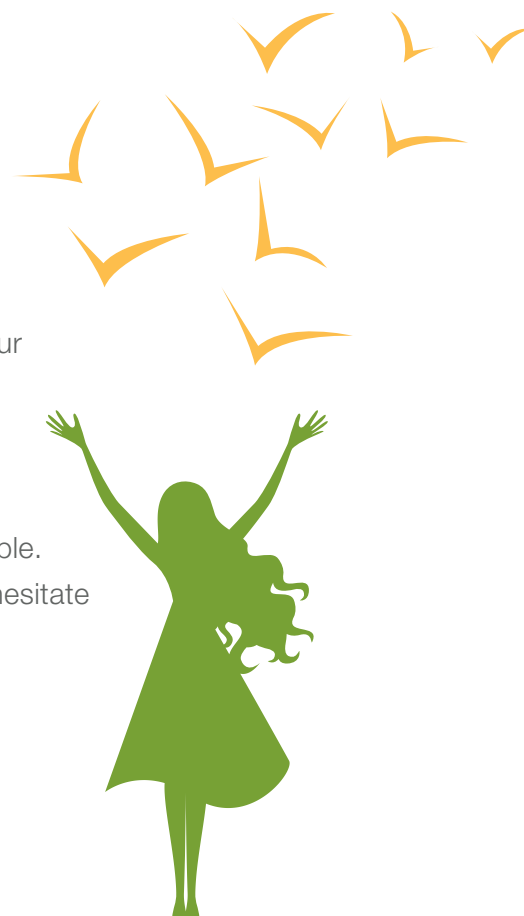
Please accept **my deepest thanks** for the great honor of serving as your President for the last two years! Although, I could have never anticipated this last year being virtual, I am so tremendously grateful for your support and trust as we carefully navigated this unusual chapter. I am forever thankful for the opportunity to volunteer alongside such strong women and mothers that help to lead, educate, and charter such an amazing and fulfilling organization.

A very special 'thank you' and 'congrats' to Megan Hedstrom, our amazing VP (who will be your 2021-2022 NCPG President), what a gift you have been to me and our Board this past year! I am truly grateful for the opportunity to have worked alongside you and to now call you a dear friend! You are a total rockstar (who also welcomed a new baby — while trying to help steer this organization — during a pandemic), and I am so excited to see what great places you'll take this organization next year! **To the entire 2021-2022 NCPG Board**, 'thank you' for your commitment and hard work throughout this unprecedented year. While it may not have looked like the year we had hoped for, I am forever thankful for you and so honored to have worked with you all.

Lastly, our goal for our Board has been to be as transparent and inclusive as possible. If you have any questions or would like more specifics on anything, please do not hesitate to email **president@ncpgaz.org** any time. Sending you and yours all my best for continued health and happiness! **Thank you!**

Best regards,

Megan Garvey, NCPG President 2019-2021



President Elect's Corner

Hello NCPG Members, Sponsors, and Teachers!

I am so thrilled to be the incoming President for the 2021-2022 NCPG year. I've served on the board the last three years as fundraising and membership directors, and the Vice President this past year. I've got some big shoes to fill as Megan Garvey has been the most tremendous president. She's been an amazing mentor this past year and I'm so grateful to consider her a friend now.

I joined NCPG when my daughter was 3 months old, now she's almost 5 and a brother and sister have joined her...time sure does fly! I know we all know this, but this organization is truly something special and I'm so grateful to have it for the ups and downs of parenting.

A huge thank you to Megan Garvey and the whole 2020-2021 Board for such a great year. It definitely wasn't what we all imagined but the board rose to the challenge and we were still able to have such a fantastic year by thinking outside the box. But now we are working hard to get back to the NCPG you know and love in the fall. Thank you for sticking with us. NCPG wouldn't be what it is without you. I'm looking forward to a great year ahead! I hope you are too!

Hope you all have a wonderful summer, and I'm looking forward to seeing you in September.

Megan Hedstrom,
NCPG 2021-2022 President



ncpg

north central parenting group



2020-2021 Board of Directors

President: **Megan Garvey**
Vice-President: **Megan Hedstrom**
Treasury: **Ursula Smalley**
Executive Assistant: **Liz Anzalone**
Sponsorship: **Ashley Wisdom, Christin Salzman & Colleen Luckey**
Transitional Director: **Hayley McInrue**
Communications: **Amanda Shaw & Ashley McFate**
Membership: **Ilyssa Reading & Michelle Van Der Werf**
Education: **Jen Dupuy & Emma Pegues**
Childcare: **Whitney Emmerson & Dilini Malsom**
Special Events: **Jenn Barham & Sara Gullickson**
Social: **Katrina Makhni & Channa Abramson**
Public Relations: **Aarika Gaona**
Fundraising: **Ashley Stewart, Rachel Patel & Arlee Maracigan**
Community Outreach: **Jen Malone & Krystal Grogan**
Alternate Director: **Cristina Kiernan**

NCPG is a non-profit, non-denominational organization providing classes to parents of infant to middle school aged children.

ncpgaz.org Like us on Facebook: **f ncpgaz**

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! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at **communications@ncpgaz.org**. Thanks for your help! Also, please send us photos of you and your family — we are always looking for photos of our community to include in the newsletter and on the NCPG website. Please keep in mind that when you submit photos, you are agreeing that we can use them in our newsletter as well as the NCPG website.

Editors — **Ashley McFate & Amanda Shaw**
Designer — **Neill Fox, foxnoggin.com**

Front Cover — **Jen Barham Family**

The information provided by NCPG instructors should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations that your pediatrician may recommend based on individual facts and circumstances.



Member to Meet Maura Strittmatter

Children & Ages: John (3) Drew (1);

Spouse: Mike Strittmatter

How did you meet your spouse: We met sophomore year of high school and were friends for 10 years before we ever dated :)

Years married: 5 years married

Favorite date spot: anywhere with a good dessert, but Hillstone is definitely our go to spot, mainly because the sundae is out of this world.

Career: Lawyer.

Favorite family vacation spot: Coronado Island. We go there for a month or two each summer. It is a very special place for us because Stritt both proposed there and asked me to be his GF there (a long time ago!) It has been awesome to share our love for the Island with our kids and make it a family tradition of spending lots of time there over the summer.

Favorite children’s book: “I’ll Love You Forever.” My husband tears up every time we read it to our kids together, no matter the time of day or the people that are around.

Favorite thing to do with kids: Dance parties around the kitchen island to 70s Gold.

Most meaningful moment as a parent: Seeing your kids play together and really enjoying each others’ company. Moments like that make you think that you must be doing something right :)

Best parenting advice given to me: Two different things: One: Trust yourself. Take Advice from others. And then Trust Yourself the Most. Two: Know that your child is God’s beautiful creation, and you can only sand the edges. So celebrate what God created through you, and don’t try to change your child. Because you won’t succeed anyway.

Pre-baby advice: Don’t miss the moments worrying; they go so fast, so be in the moment and enjoy it most of all.

SEND YOUR CHILD TO THE SCHOOL YOU ALWAYS DREAMED OF.

Tax credit funding available to families of all income levels! High, medium, low.

Your Source for Tuition Tax Credit Scholarships.

Arizona Tuition Connection

We work with all K-12 private schools in the state.

www.arizonatuitionconnection.com
(480) 409-4106

THE SCHOOL JUST FEELS SPECIAL.

From the warm welcome we received from parents and staff when we joined to the attentiveness and kindness of the teachers, we are certain we made the right decision in sending our daughter, and next year our son, to All Saints'. We are excited to be part of this community where we will see our kids grow with the same group of friends into their teen years.


Ursula Smalley ◀
NCPG Treasurer and parent of Camilla, Class of 2029

NOW ENROLLING PRE-K THROUGH EIGHTH GRADE
www.allsaints.org | All Faiths Welcome | Indexed Tuition Available

Since 1963, All Saints' Episcopal Day School has established a legacy of excellence, educating students from pre-k through eighth grade in Central Phoenix.

An All Saints' education transforms head to soul—developing thoughtful and confident leaders well-equipped to contribute to a dynamic and ever-changing world.

Tours are available for prospective families on an individual basis. Please call the Admissions Office at 602.274.4866 for more information.



PHOENIX COUNTRY DAY SCHOOL

Explore, play, and connect with the world around you.

Visit pcds.org to learn more about the Valley's top-ranked private school.

Grades Pre-K through 12, 750 students, on a 40-acre campus



Their future is in your hands...







THE LAW OFFICES OF
PAULA HANNAH

plan accordingly.

Estate Planning | Wills | Trusts

I make the estate planning process easy and convenient to serve busy parents like you. I can guide you through the process in person or via Zoom. Evening and weekend appointments available. *NCPG members automatically get a 10% discount.* To schedule a free consultation, call me at 602.684.1398 or email Paula@PaulaHannahLaw.com.



Some Lesser Known Things to Do Around the Valley This Summer

For the full list: <https://www.thecrazytourist.com/top-25-things-phoenix-az/>

Arizona Museum of Natural History

The only natural history museum in the Phoenix Metropolitan Area is a little way east of downtown Phoenix in the city of Mesa.

Founded in 1977, the museum is in what used to be Mesa City Hall, a building raised in 1934 and expanded to house more galleries in the 80s & 90s.



The dinosaurs are the stars at the Arizona Museum of Natural History, not least at Dinosaur Mountain where there's a three-storey waterfall and where you can see and hear the beasts of the Mesozoic Era.

The Dinosaur Hall is filled with skeletons of theropods, sauropods, ceratopsians and iguanodonts, while the outdoor Paleo Dig Pit lets children play the role of palaeontologists, unearthing fossilised bones and eggs.

Arizona Through Time presents a complete chronology of the state's natural history, via the formation of rocks and minerals, Palaeozoic seas, Triassic forests and Cretaceous seas.

Also fascinating are the galleries devoted to the native cultures of the Ancient Americas and Western North America.

Pueblo Grande Museum and Cultural Park

A captivating glimpse of Phoenix's distant past, the Pueblo Grande Museum and Cultural Park preserves the largest archaeological site in the city.

Belonging to the Hohokam culture and occupied from 450 CE to 1450 CE, Pueblo Grande is a sophisticated network of irrigation canals, a platform mound and the remnants of ballcourts on the north bank of the Salt River.

There's an interpretive trail, 2/3 of a mile long, winding around the site and taking in these remains, as well as reconstructed and furnished houses.

In the museum are three galleries showing off artefacts like pottery and tools, recovered from this site and more than 350 other prehistoric settlements in the region.



The museum also puts on a lively schedule of workshops, talks, markets, demonstrations, tours and auctions, shedding light on Hohokam and other local indigenous cultures.

continued on page 7 >>>

OCCASIONALLY YOU MAY NEED TO BE SAVED FROM YOURSELF.

Hire an Independent
Fee-Only Financial Life Manager Today

- ✓ College Education Fund Planning
- ✓ Automate your savings through your monthly spending plan
- ✓ Goal Based Planning
- ✓ Tax Loophole Strategies for Business Owners



thanasi@lifemanaged.com
www.lifemanaged.com
602.931.5043



Goldfield Ghost Town

On the east flank of the Valley of the Sun is the old mining town of Goldfield, where you can take a day trip back to the Old West.



The town was established in 1893 when gold was discovered in the surrounding Superstition Mountains, which look like a backdrop from a John Ford western.

It wasn't long before the gold vein faulted and Goldfield slipped into a slow death.

OK, so the reconstructed town is a bit touristy, but anyone enchanted by the history of the Southwest will be caught up in the joy of the Superstition Narrow Gauge Railroad, a tour of the historic Mammoth Gold Mine and an Old West gunfight with talented re-enactors.

Tempe Beach Park

The recreation base for Tempe Town Lake is a grassy 25-acre park on the south shore, opposite Papago Park, and a lovely spot to watch the sun go down.



Tempe Beach Park is the place to rent bikes and scooters to zip off on that five-mile trail, or hit the water on kayaks, rowboats, pedal-boats and paddleboards.

There's a splash playground in the park for smaller children and an amphitheatre holding 5,000 people and hosting all sorts of concerts and shows throughout the year like the Independence Day celebrations on 4 July.

On the west side the Tempe Center for the Arts is a modern venue for plays, live music, dance and live comedy.

The baseball diamond at Tempe Beach Park harks back to the 1930s, and hosts little league and softball games. on a little LED light show every time a Valley Metro train passes over.

Japanese Friendship Garden (Ro Ho En)

A collaborative project between Phoenix and its sister city, Himeji, Japan, the Japanese Friendship Garden is a peaceful escape just north of Downtown Phoenix.



This 3.5-acre garden, rich with birdlife, was laid out by landscape architects from Himeji, starting in 1987. On a rambling path you'll stroll past 50 plant varieties, lanterns and more than 1,500 tons of rock shaped by human hands.

There are bubbling streams crossed by little footbridges, as well as a 12' waterfall and a large pond with more than 300 koi.

Every third Saturday of the month outside summer there's an authentic Japanese tea ceremony at the Musoan tea house, while the garden hosts regular craft workshops, tai chi sessions and flower arrangement classes, as well as a summer jazz night in June.



"We've watched more families then we can list grow at St. Theresa...we want an environment for our son that nurtures and fosters growth, morals and integrity. Our friend's children embody that as we have gotten to know them and it is in no small part, due to the school."

-Kate, current preschool parent

SAINT THERESA
CATHOLIC SCHOOL

2021-2022 APPLICATIONS AVAILABLE NOW
FOR MORE INFORMATION VISIT
WWW.STCS.US

continued on page 10 >>>

2021-2022 Calendar

** NOTE: Schedule and dates are tentative and are subject to change based on venue availability.*

Tentative Class Schedule

8:45 am Nursery opens
9:00 - 9:40 am Refreshments served
9:45* - 11:30 am Classes are held
***Teachers will start promptly at 9:45!**
11:45 am Nursery closes
11:30 am - 1:15 pm Pre-Infant & Pre-Teen Class

Tentative Class Dates*

- | | |
|----------------|---------------|
| • Sept. 8 & 22 | • Jan. 5 & 19 |
| • Oct. 6 & 20 | • Feb. 2 & 16 |
| • Nov. 3 & 17 | • Mar. 2 |
| • Dec. 8 | • Apr. 6 & 27 |
| | • May 11 |

Tentative Board Meetings*

- | | |
|---------------|--------------|
| • June 7 | • January 10 |
| • August 30 | • February 7 |
| • September 7 | • March 7 |
| • October 4 | • April 4 |
| • November 1 | • May 2 |
| • December 6 | |

Please welcome our 2021-2022 Board!

President: *Megan Hedstrom*
Vice President: *Ilyssa Reading*
Treasurer: *Cristina Kiernan*
Exec. Admin.: *Ashley Wisdom*
Education: *Jen Dupuy, Deirdre Opeka*
Childcare: *Serena Baker, Jenna Rohem*
Outreach: *Katrina Makhni, Channa Abramson*
Events: *Shauna Schmeisser, Liz Anzalone*
Social: *Cristin Salzman, Lindsay Fee*
Fundraising: *Arlee Maracigan, Rachel Patel, Ashley Stewart*
Membership: *Michelle Van Der Werf, Alexis Smith*
Transitional Director: *Megan Garvey*
Sponsorship: *Hayley McInrue, Mary Patterson, Alexandria Dembow*
Communications: *Ashley McFate, Amanda Shaw*
Alternate Director: *Rachel Hall*
Public Relations: *Aarika Gaona*

Board

Announcements

Membership

Registration for 2021-2022 is now open! To show our appreciation, we are offering an extra-discounted rate of **\$250 for existing members who register during Early Bird Registration in April**. The registration fee for new members or anyone who registers on or after May 1st will be \$320. Contact membership@ncpgaz.org for more info.

Communications

WE WANT YOUR PICTURES!

Summer is here and we are always looking for new pictures! So take lots of pictures this summer and send us your high-resolution photos and your babies might wind up on the cover!



Please also send birth announcement pics, snapshots of NCPG kids and parents, and any professional photos to communications@ncpgaz.org.

Public Relations



Please follow along on our private **NCPG Instagram** [@ncpgaz](https://www.instagram.com/ncpgaz) for helpful information and updates!



Please continue to use the members-only **NCPG Facebook Group** to ask questions, share advice, local events, deals and to buy & sell. We ask that we keep everything positive and respectful on the page. Please request to join the group, if you haven't already and join the fun!

Thank you, Megan!



We'd like to take this moment to thank you for your presidency and all the time and effort you put into making the last two years super-spectacular!

Your friends,
NCPG Membership

Mystery Castle

Blending with the northern foothills of South Mountain Park, Mystery Castle is a bizarre 18-room three-storey mansion, like a cross between a Gothic castle and a hacienda.



The story behind this monument, a Phoenix Point of Pride, is fascinating.

On learning that he had tuberculosis in the 1930s, the Seattleite Boyce Luther Gulley fled his family for Phoenix without telling them, purchasing a mining stake and spending the next 15 years constructing this property on it.

Mystery Castle was built with whatever Boyce could get his hands on, be it stone, adobe, rail tracks, automobile parts or telephone poles.

When his family received news of his death in 1945 they were shocked to discover that he had built this castle for his daughter, Mary Lou Gulley.

In his will Boyce stipulated that if his family lived there for three years they could open a trap door in the house.

This was revealed to contain two \$500 bills, a gold nugget and a Valentine's day card Mary had made for her father years earlier.

Come to hear the story, tour the house, and enjoy supreme views of downtown Phoenix.

Desert Belle Cruise Sightseeing Cruise on Saguaro Lake

A reservoir high on the Salt River, Saguaro Lake is walled by the steep, rust-coloured slopes of the Tonto National Forest.

One unforgettable way to soak up this evocative desert scenery is on the Desert Belle (1964), a restored sightseeing boat making gentle 90-minute cruises on the lake.

You can travel on the shaded upper deck or in an air-conditioned cabin, and will have lots of time to view the cactus-strewn desert terrain and catch sight of some of its wildlife.



You may see bald eagles swooping overhead, or bobcats, bighorn sheep and coyotes in the brush.

There's also live narration by the captain, calling your attention to landmarks and animals you might have missed, and a concession stand if you get thirsty.

Saguaro Lake is roughly 45-minutes east of downtown Phoenix, and the cruise aboard the Desert Belle is available through Viator.

Hall of Flame Fire Museum

This attraction on the west side of Papago Park chronicles the history of firefighting, but is also the setting for the National Firefighting Hall of Heroes, which pays tribute to firefighters who have died in the line of duty or have been decorated for feats of heroism.

In the museum's galleries are more than 90



preserved pieces of antique firefighting equipment, the oldest dating back to 1725. These pieces come from as far afield as Japan, Germany and England, and include beautiful horse-drawn carts and motorised engines up to 1969. There's also an absorbing collection of arm patches and a gallery documenting the history of firefighting in the wilderness in the United States.

Big Surf

Just a good old-fashioned Waterpark, Big Surf is the sort of attraction families can't do without during a Phoenix Summer.

A few minutes away in Tempe, the park goes back to 1969 and had one of the first wave pools in the United States at the time, which is where the name comes from.

The waves in this 9,500,000-litre pool are big enough for surfers, who would share the pool with regular bathers, although this doesn't happen anymore for obvious safety reasons! You can rent rafts and boogie boards during normal hours, while there's a host of slides to try out, like the high-speed Hurricane Slides, Tornado

Twisters and Black Hole, or more sedate Kilauea Cove and White Serpentine.

For the littlest visitors there's a big child-friendly area with slides, fountains, obstacles and water cannons.

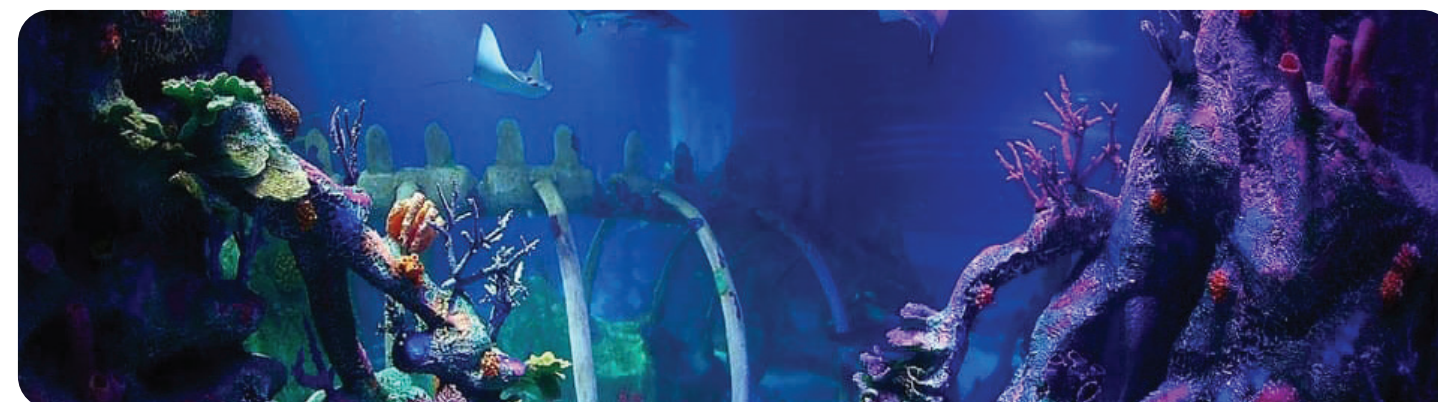
Sea Life Centre Arizona

Also in Tempe and an easy day out from Phoenix is this 2,415-cubic-metre aquarium, keeping sharks, rays, green sea turtles and all sorts of colourful tropical fish.

The stars at Sea Life Arizona might be the sea-horses, which have their own exhibit, Temple of the Seahorse, and are bred at the aquarium as part of a worldwide breeding programme.

The Shoaling Ring is impressive, with hundreds of barred flagtails in one silvery mass, while the Interactive Tidepool lets you touch rockpool species like starfish and sea urchins.

Try to catch one of the many talks and feeding times, especially at Ocean View for a better look at the whitetip reef sharks, rays and sea turtles.





NCPG
Family
Fun!





How to Handle Out-of-Control Kids

By Amy Morin, LCSW

www.verywellfamily.com/help-my-kids-are-out-of-control-1094959

Many parents feel like their kids are out of control at one time or another. But usually, that feeling is fairly fleeting. For some parents, however, out-of-control kids have become the norm. Their children refuse to listen, break the rules, and couldn't care less about consequences.

If you're feeling like your kids are out of control, take steps to regain your power. Maintaining your authority is important to your child's well-being—and it's important for your own emotional health too.

Establish Rules and Structure

Believe it or not, kids like rules and limits. Kids feel safe when they trust that their parents are good leaders who can set and enforce rules. If you struggle to get your kids to listen, these strategies can help.

Make Household Rules Clear

Reduce chaos¹ by creating a clear written list of rules. Focus on basic rules like "Use kind words," and "Ask before borrowing items." Rules can be more easily enforced once they're written down and discussed as a family.

Create Structure

Get the family on a routine by introducing more structure into your child's day. Create time for homework, chores, dinner, family activities, and play. Then, try to stick to the schedule as much as possible on weekdays.

Assign Chores

Whether your children are 4 or 14, it's important to assign regular age-appropriate chores. Get your children used to pitching in so they can practice being responsible members of the family.

Use Positive Language

Focus on what your kids can do, rather than what they can't. So instead of saying, "No TV until you've cleaned your room," say, "You can watch TV as soon as your room is clean." Offer positive choices that will give your child a little bit of control.

Give Effective Instructions

The way you give directions matters. Be firm and direct and only give one instruction at a time. Use a calm voice and make sure you have your child's attention before you speak.

When children don't trust that their parents can maintain order, they experience a lot of distress. And that distress can lead to even more behavior problems.

Provide Consequences for Misbehavior

Establish clear consequences for breaking the rules. It's important to be consistent with consequences. When your children know each rule violation will result in an immediate consequence, they'll be less likely to misbehave. Carefully consider which of these consequences are most likely to be effective for each child.

Time-out: Time-out has traditionally been used to address out-of-control behaviors. However, it can often feel like punishment and lead to further oppositional behaviors. A more effective solution is a "calm down corner" or "time in." It is

important to teach your child the skills they need to be more in control of themselves. Otherwise, they will return to the old behaviors when they are dysregulated.

Loss of privileges: This could be electronics, a favorite toy, or an activity, but don't take those privileges away for too long. Your child may give up or may act worse if you take away too many privileges or you remove them for days or weeks at a time.

Restitution: If your child's misbehavior affects someone else, restitution may be in order. Have them do a chore for someone they hurt or loan their favorite toy to the victim.

Logical consequences: Give your child an opportunity to take responsibility for their behavior. If they color on the walls, they can wash it off. If they break something, they can pay to fix it.

Don't be discouraged if your child's behavior seems to get a little worse before it gets better. When you start giving consequences, an out-of-control child will push back. Once they see you are serious about following through with consequences, their behavior will likely calm down.

Give Incentives

If your child isn't motivated by consequences, they may need some extra incentives to stay on track. Use positive reinforcement to motivate them to follow the rules.

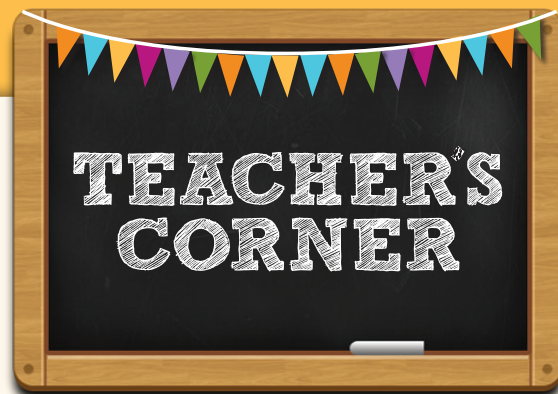
Offer Praise

Catch your child being good. Say things like, "I appreciate that you put your dish in the sink," or "Thank you for playing so quietly while I was on the phone." Positive attention can go a long way toward motivating kids to keep up the good work.

Reward Good Behavior

Whether you create a sticker chart that targets one specific behavior or you make a behavior chart

continued on page 16 >>>



What parenting motto or mantra do you use the most?

Jemeille Ackourey
Kindergarten

Your children might not listen to you
but they are watching you.
They are learning from you how
to be relational with themselves and
all those around them.

Michelle Cox
Elementary & Middle School

I always ask myself,
"Who will be here and what will matter
5 years from now?"
My favorite mantra is,
"Take this one moment at a time."

that keeps track of several behaviors throughout the week, tangible rewards can lead to behavior change. Keep in mind there are many free and low-cost rewards that work as good motivators. One idea is to go to your local dollar store and load up on items for your child to choose from.

Establish a Token Economy System

Show your child that privileges, like playing video games or going to the park, must be earned. Establish a token economy system that allows your child to cash in their tokens for privileges.


Seek Professional Help

If your discipline strategies aren't working, seek professional help. Start by talking to your child's pediatrician about your concerns. They can refer you to appropriate service professionals in your community. A professional may be able to provide you and your children with interventions, skills, and support that will help you regain control of the household. Parenting coaches and parenting support groups can also be valuable resources.




Affiliated Pediatric Dentistry & Orthodontics

Your Health & Safety are Our Top Priority



Affiliated Pediatric Dentistry & Orthodontics
BOARD CERTIFIED DOCTORS
"Specializing in pediatric dental care, youth & adult Orthodontics"
www.smilesbyapdo.com

Shea 480-556-0600



Grayhawk 480-949-0332



ALLISON MIKES
REALTOR



Allison Mikes
Associate Broker
m 602-791-3481
o allisonmikes.com
allison@allisonmikes.com

NORTH&CO.
REAL ESTATE BY TRADE

GRAND OPENING SPECIALS!!

FREE PRIVATE LESSON!!



KID'S MARTIAL ARTS

FREE KARATE UNIFORM!!

Become a Founding Member Today!!
3186 E Indian School Rd
480-900-5284

<https://www.facebook.com/premiermartialartsphoenix>
Premier Martial Arts Arcadia

We Are at Your Service.

We offer the following:
Custom Design
Jewelry & Watch Repair
Appraisals
Trade-In & Trade-Up
Financing
Jewelry Insurance
Gold & Diamond Buying




SCHMITT JEWELERS
50th Anniversary
4402 E. Camelback Rd. Phoenix
(602) 840-1144
SchmittJewelers.com

Recipe: No-cook Zucchini Pesto Pasta



Ingredients

- 4 medium zucchini
- ½ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- ½ cup pesto
- 1 large ripe heirloom tomato, chopped or 1 cup chopped cherry tomatoes
- Freshly ground pepper to taste
- Freshly ground parmesan to taste
- Coarse Salt, preferably Maldon Celtic Sea Salt Flakes

Instructions

1. Cut zucchini into long strands with a spiralizer.
2. Set noodles in a large colander. Sprinkle ½ teaspoon salt on top and toss to coat. Let sit 10 minutes.
3. Rinse and drain well, gently squeezing out the excess moisture.
4. Transfer the zucchini to a large bowl and drizzle with olive oil; toss to coat.
5. Add pesto and toss to coat evenly.
6. Divide zucchini among 4 pasta bowls. Adding with a topping of chopped tomatoes

COME LEARN WITH US!

CHRIST CHURCH SCHOOL
PRESCHOOL - ELEMENTARY

**ACADEMIC EXCELLENCE
ENRICHED BY FAITH**

4015 E. Lincoln Drive, Paradise Valley
602.381.9906 • info@ccsaz.org

CLASSES FOR TODDLERS THROUGH 4TH GRADE

ARIZONA'S FAMILY HOME SAFETY EXPERTS

Specializing in:

- In-Home Safety Assessments
- Pool Fencing
- Safety Gates
- Cabinet Locks
- Furniture Anchoring
- Outlet Covers
- ... and more!

...WITH ARIZONA'S ONLY CERTIFIED PROFESSIONAL CHILDPROOFER!

CPC Certified Professional ChildproofersSM Dustin Dastrup

480.634.7366
www.azchildproofers.com

Servicing Valleywide
Licensed - Bonded - Insured - ROC #269159 - ROC #269160

LITTLE MOUTHS ARE A BIG DEAL!™

Our pediatric dentist provides modern dental care that grows along with your child. From toddlers to teens, we empower kids with good oral health habits to last a lifetime.

We're accepting new patients!



**MEET YOUR
PEDIATRIC DENTIST**
**Lisa B. Bienstock, DMD,
MBA, Board Certified
Pediatric Dentist**

FREE

Exam for 18 months and under*



The Kids' Dental Office
OF PHOENIX & ORTHODONTICS

Lisa B. Bienstock, DMD, MBA, Board Certified; Allie Inouye, DDS, Board Certified
1934 E. Camelback Rd, Ste 110 Phoenix, AZ 85016
602-903-4894 | TheKidsDentalOfficeofPhoenix.com

Located on the northwest corner of 20th St. and Camelback

*Regular value of at least \$90. Cannot be combined with any other offers. Coupon must be presented at appointment. Digital X-rays may be required at an additional cost. Subject to insurance restrictions; cannot be applied to insurance co-payments or deductible. Limit 1 per patient.



**Happy Summer
to all the NCPG mommies
and their families!**

See you next Fall!

CRAFT: WATERMELON PAPER PLATES



What you need:

- Paper plate
- Red or pink paint
- Green paint
- Paintbrush
- Scissors
- Glue
- Coffee beans

What to do:

1. Begin by cutting your paper plates in half. Have your child do the cutting if he or she is old enough to manipulate a pair of scissors. You may want to draw a line across the middle of the paper plate for your child to follow.
2. Have your child paint the outer rim of the paper plate green, and the inner part of the plate red or pink.
3. Then, your child can glue the coffee bean "seeds" in place in the red area.

Now accepting applications
for the 2021 - 2022
school year.

 **ST. FRANCIS XAVIER**
A Jesuit Catholic Elementary School
Preschool - 8th Grade



- **Beginners (3 year-olds) through 8th-grade**
- **Extended-care program available**
- **Questions? Contact the admissions office at 602-266-5364 or visit school.sfxphx.org**

PUT YOUR KIDS IN THE BEST HANDS with Dr. Ali Kauffman

Join us in welcoming Dr. Ali Kauffman to Phoenix Children's Pediatrics – Scottsdale. A highly experienced pediatrician, Dr. Kauffman enjoys building long-term relationships with her patients and their families as she provides the best primary care possible. Her playful approach immediately puts the most concerned visitor at ease and makes going to the doctor, dare we say, fun!



Get to know Dr. Kauffman by calling **602-933-5730** to schedule a "meet the provider" session or appointment.

 **PHOENIX
CHILDREN'S**
PEDIATRICS - SCOTTSDALE

Phoenix Children's Pediatrics – Scottsdale
5425 E. Bell Rd., Suite 145, Scottsdale 85254
(SW corner of E. Bell Rd. and N 55th St.)

Most insurance plans accepted. In-person and telehealth appointments available.



You have the perfect size family.

Here's how to keep it that way.

A vasectomy is the most effective, most trusted, and most convenient form of birth control there is. If you think your family portrait has just the right number of members, give us a call. We'll show you why a vasectomy is the safe, time-tested choice for preventing pregnancies. It's covered by most insurance plans, too.

**Contact Dr. Gil Brito at
Arizona Urology Specialists
at 480-661-2662 or visit
arizonaurologyspecialists.com
for more information.**

**Arizona
UROLOGY SPECIALISTS™**

Thank You to Our 2020-2021 Sponsors

PLATINUM



GOLD



BRONZE

