

# Parent Times

May 2023



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President's  
Corner

*Hello NCPG Mamas*

The 2022-2023 year has flown by faster than I could have possibly imagined. I want to start out by recognizing our **INCREDIBLE Board of Directors** for all the work they put in to help make this the comeback year that we had all hoped for. As someone who experienced NCPG pre-COVID, I fully knew and understood everything that we were missing over the last few years. When I came on as president, my top priority was to bring back the full NCPG experience that I was lucky enough to have previously had in this organization.

After 2 1/2 years of restrictions, this meant that many of our committees had to essentially start from scratch in order to recreate the NCPG that we have been known for, for over 30 years. To each and every one of our board members, **THANK YOU** for putting your heart and souls into this organization and for volunteering your time, resources, and energy to make this such a successful year. Words truly aren't enough to express my gratitude to you all for taking time away from your families, jobs, and friends to serve this community of moms. And to the rest of you, thank you for putting your faith in the Board and for giving us the opportunity to bring back the NCPG that we all know and love.

With this year coming to an end, we are already hard at work to ensure that 2023-2024 is even better! **Registration is officially open** to existing and new members so don't delay in signing up for next year. Registration can be completed online at <https://ncpgaz.org/join-ncpg/> and the fee is **\$399**. Also make sure that you are following us on social media so that you can stay up to date on any announcements and information over the summer. Class dates for next year are already listed on our website and class placement emails, as well as detailed information about the start of the year, will be sent out the first week of September.

It truly has been my honor and privilege to be your president this year and I am looking forward to serving you all again in the fall. I hope everyone has a happy, healthy, and safe summer, and I can't wait to see everyone in September!

Sincerely,

Ilyssa Reading  
President 2022-2023



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.

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

[www.ncpgaz.org](https://www.ncpgaz.org) Follow us on Instagram: [ncpgaz](https://www.instagram.com/ncpgaz)

## Parent Times


Members, this monthly magazine 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](mailto:communications@ncpgaz.org). Thanks for your help!

**Editors** – Catherine Jacobson & Amanda Shaw  
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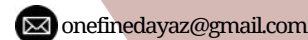
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# Developmental Screening Program

## Aims to Assist Parents with Fast, Easy Answers

by SARRC Community School

Parents know their child best, and when concerns are observed, it's important they have the resources and tools to share those concerns in a timely manner. Typically, though, the only opportunity for parents to discuss developmental concerns about their child is during a well-visit with their pediatrician.

This is why Southwest Autism Research & Resource Center (SARRC) introduced the Easy Access Autism Screening program, aimed at parents of young children who have concerns with their child's development.

And while SARRC still encourages parents to share concerns with their medical providers, the Easy Access Autism Screening program offers a free, easy resource to get answers quickly.

"If you notice that your child is not doing things other children are doing, or if you see behaviors that seem different, through this program, our team can complete a developmental screening assessment by phone in as little as ten minutes," says SARRC Chief Science Officer Christopher J. Smith, Ph.D.

The most telling early indicator may be reduced seeking of attention from parents. This can be tricky to detect because how do parents know how much kids should be seeking their attention? Subtle signs may include:

- Playing independently for longer periods of time (more than a few minutes at a time)
- Limited interest in one-on-one engagement
- Challenges with engaging in a fun activity with others, and chooses solitary activities instead
- Or, simply, the child is just behaving differently than other children the same age

If any of these scenarios are true, it is recommended that parents seek an evaluation, like SARRC's Easy Access Autism

Screening program, and express their child's differences to the clinician.

After completing the screening, SARRC's team may recommend families seek a formal (autism) diagnostic evaluation for their child, or they may recommend that a formal evaluation is not needed. Please note: Participating in this screening does not result in an autism diagnosis. This Easy Access Autism Screening program is best suited for parents of children aged 12-36 months and may have several advantages to the family:

- Early intervention is key when it comes to autism
- A critical advantage of this new project is that families no longer have to wait for their next pediatrician visit to discuss what could be timely developmental concerns
- The time spent on the phone with SARRC staff will be focused on evaluating parents' concerns and guiding them through their results and next steps

"Early screening leads to early diagnosis, which leads to early intervention—the most important thing we can do to help people with autism reach their full potential," says Smith. "Ultimately, we hope this program helps bring peace of mind to families."

To learn more about the Easy Access Autism Screening program, visit [autismcenter.org/EZScreen](http://autismcenter.org/EZScreen) or call **602.218.8204**.

Learn more about autism indicators at [autismcenter.org/what-autism](http://autismcenter.org/what-autism).



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SARRC's Family Resource Team at 602.606.9806



# 2023-24 Calendar

## Class Schedule

8:45 am	Nursery opens
9:00 - 9:40 am	Refreshments served
9:45*-11:30 am	Classes are held
<i>*Teachers will start promptly at 9:45!</i>	
11:45 am	Nursery closes
11:30 am-1:15 pm	Newborn A & Middle School Class

## Fall 2023/Spring 2024 Class Dates

September 13th & 27th  
October 18th  
November 1st & 15th  
December 6th  
January 10th & 24th  
February 7th & 21st  
March 6th  
April 10th & 24th  
May 8th



### Saint Barnabas on the Desert Episcopal Church

6715 N. Mockingbird Lane  
Paradise Valley, AZ 85253

# Board Announcements

## Food & Drink

**No food or drinks (other than water) are permitted outside of Hutton Hall.** Please respect this request from the church, as an additional housekeeping fee will be charged to NCPG if we do not comply.

## Parking

Please only park in **DESIGNATED PARKING SPOTS** at Saint Barnabas. Also, keep an extra eye out to ensure you are not parking in handicap parking, as some of the church signage is difficult to see.

## Communications

Thank you to all the mamas who have sent in their photos throughout the year! We love showcasing your cute little families in the magazine. Please keep us in mind throughout the summer as we'll be needing images for the upcoming year.

Our next issue will launch in September and it will be packed with all the fun trips, activities, playdates, get-togethers from our sweet NCPG families! Also don't forget to send us any birth announcements over the next couple of months! We hope you have a wonderful summer and we'll see you back here in the fall!

Send birth announcements/photos to: [communications@ncpgaz.org](mailto:communications@ncpgaz.org)

*As a reminder, try to submit hi-resolution photos (300 dpi) or best phone resolution possible!*



## Childcare

**Only babies under 6 months and/or are not yet crawling are permitted in class.** This is to maintain the educational nature of our classes and to avoid unnecessary distractions. Please take advantage of our onsite childcare if you want your little one to be close by.

We are proud to welcome back Busy Bee's into our amazing space. **The cost will be \$50 for the first child and \$25 for each additional child and is available from 8:45am-11:45am.** Childcare registration can be completed online and registration will open the Wednesday two weeks prior to each class. **Registration for childcare closes 24 hours prior to class** so please be sure to sign up in advance. Please contact [childcare@ncpgaz.org](mailto:childcare@ncpgaz.org) for any questions and visit our website for full details and directions on registering.



## Membership

Registration is now open for the 2023-2024 year. Tuition is \$399 and registration can be done online at [www.ncpgaz.org](http://www.ncpgaz.org).

## Public Relations

Be sure to follow [@ncpgaz on Instagram](https://www.instagram.com/ncpgaz) and **NCPG Facebook** for the latest announcements and updates. These are private pages for current members only.



## Sponsorship

If you have or know of a business who might be interested in being a sponsor or advertiser with NCPG, please email us at [sponsorship@ncpgaz.org](mailto:sponsorship@ncpgaz.org). NCPG members receive 20% off all sponsorship packages. Please visit the sponsorship tables before class throughout the year!

## Social

Please join us between **9:00 and 9:40 am** inside Hutton Hall for breakfast prior to class!







## Member to Meet: Ashley Telidis, 3A

**Children:** Brooklyn - 3.5 years old; Leonidas - 14 months

**Spouse:** Alexander Telidis

**Hometown:** Gilbert, AZ

**Career or former career:** Before having Brooklyn I worked for Iron Mountain Data Centers as an Executive Assistant for the Sales and Marketing department for 7 years. I pulled together many events together for the company and was a Type A personality in every way. Having children has taught me to go more with the flow, but as the saying goes... "What time does the flow start?"

**Favorite date night spot:** Unfortunately, my husband and I don't set up a date night as often as we would like with two younger ones so we typically try a new spot every time. A good tried and true is of course Olive & Ivy and a speakeasy place called The Ostrich in downtown Chandler which has amazing cocktails and great pizza!

**Favorite local family spot to dine:** Pizza is a fan favorite of all of ours and Grimaldis is the go to for us. Our 14 month old son definitely makes dining out difficult at this age so we love to do 1:1 dates out with our daughter which has been great!

**Favorite place to vacation with the family:** With my husband being from the Cleveland area we head to Ohio at least once a year and really enjoy being in a completely different environment during the summer months and showing the kids the metro parks and fireflies. Alex's family still lives in Ohio and the kids have cousins close in age which is great!

**How do you balance meeting your children's needs as well as your own:** Finding a balance between my needs and my children's needs is something I'm still trying to figure out. When I do take time away I remind myself that taking a break truly does put me in a better head space and allows me to be more engaged with them.

**Favorite local place to take your children for fun:** With the kids being younger we don't take them to many places, but we do love family bike rides (while the weather is decent) and will bring snacks for a little picnic and stop at a playground before heading home. If I have 1:1 time with my 3.5 year old daughter we love going to the McCormick-Stillman Railroad Park.

**Best advice for traveling with kids:** My best advice for traveling with kids is snacks, snacks, and more snacks! I also like to have a bunch of new smaller toys that they may have never seen before to keep them entertained for a little bit and pray that the iPad is fully charged and loaded with shows!

**How do you simplify your morning routine with kids:** What works best in our household to simplify the morning routine is to divide and conquer. My husband will take on my sons needs while I get my daughter dressed and ready to head to school.

**Most meaningful moment as a parent:** The most meaningful moment to me as a parent so far was when

my daughter was just a little over 2 years old and after a late night being up with my newborn baby boy, she got up onto the couch where I was holding him, looked down at him and said "oh so cute!" My heart had just about stopped and all the worries I had with his arrival and how she would take it melted away.

**Most "OMG did that really happen" moment as a parent:** Surprisingly we haven't had any of the "typical" did that really happen moments, but one moment that shocked both my husband and I was when our son at 12 months old started climbing up a ladder we have mounted in the playroom. Luckily we were nearby and he'd only made it to the third step, but we definitely keep our eye on him every second now!

**15. Best parenting advice given to you:** The best parenting advice I was given is to give yourself grace and that everything is a phase. Sometimes phases feel like they will be forever, but when they let up it's the best feeling!

**How were you introduced to NCPG and how many years have you been a part of the group:** I was introduced to NCPG through my friend and co-worker Stacy Ryan who was then the President of NCPG. I'm so glad she recommended NCPG as it's been one of the best things that's allowed me to enjoy motherhood as much as I do! I've been part of the group since my pregnancy with my daughter in 2019.

**Best thing learned at NCPG so far:** The best thing I've learned so far at NCPG is that everyone parents a little differently and that's the most beautiful part of raising children as we are all unique and able to be exactly the kind of mom our individual children need!

# LIFE MANAGED...

Oftentimes when we think about financial planning, investing, retirement, and it can quickly feel overwhelming. The questions start pouring in, where do we begin, how do we even start, who should we talk to, who can we trust? All valid questions. But sometimes the scary can be quickly removed with the right person and the right path. Thanasi Panagiotakopoulos started Life Managed a few years ago to help families and young professionals answer these questions and launch their financial journey.

Thanasi Panagiotakopoulos was born and raised in the Valley. His father was an entrepreneur and instilled that same spirit in him. He always knew he wanted to get into finance and eventually found himself in a position to start his own business. As he worked his way through public trading firms, large banks, and private equity firms, he grew more interested in making financial planning available to a wider range of people. How could he offer the same service and products to those who might not have an established "nest egg?" Through that, Life Managed emerged.

Thanasi recently answered a few of those burning questions:

### What is the best way to get started?

I think it's important for people to know that financial planning does not have to be intimidating. It starts at home with your significant other. We suggest that you and your spouse sit down and have a conversation, a real conversation of what each other wants. Understanding what is important to each party, understanding each other's values and ideas of the future. Making sure that you are aligned with your money goals. Once you've established your goals and your legacy goals, it makes it easier to take the next step which oftentimes requires sacrifice. It's easier to make sacrifices when you have a clear vision for your future.

### What questions do you need to ask when choosing a financial advisor?

Understanding how they are compensated would be my biggest focus. Are they compensated by a product or by advice? Do they get paid by a percentage of assets? Understanding why they are recommending a certain product and understanding their alignment of interest. Understanding public versus private. Publicly traded companies adhere to shareholder obligations and their sole purpose is to increase their shareholders profits. Understanding how they do that is important to what they are recommending.

Another key question to ask is their background in finance. How long have they been in finance, what are their professional credentials, why did they get into finance? You want stability when it comes to a financial advisor and who you are putting your trust in.

### What should families consider when planning for their future?

The biggest question is always, will your lifestyle remain the same when you're no longer generating an income? Back in our parents' day, they would typically recommend that you would need 60% of what you were making to maintain your lifestyle. Nowadays that number is much greater. Helping our clients understand how much money they will need in order to duplicate their lifestyle is extremely important.

### Why is it important to start saving for your child's future at a young age?

College is expensive! Kids are expensive! With compound interest, it makes college less expensive and more feasible to give your child that college experience that you might have had. When you start putting money into a savings account early on, you're getting a jump start on compound interest and giving your money a greater chance to grow before your child goes off to college. The earlier you can start the better.

### What are some key values that Life Managed offers their clients?

We are here to help, not judge. We want to help you achieve your goals in a non-intimidating environment. Many times we help facilitate those initial conversations about what each party wants for their future. From there, we help hold you accountable for those goals and advise you on how to get there. We're not here to judge on how you're spending your money but help you understand how every dollar impacts your financial plan.

I like to say that we are agnostic to investment. We're not here to push a product or push an investment. We want what's best for you. Sometimes clients want to build wealth through real estate. Some clients are entrepreneurs and want to build wealth through a start-up. Others choose stocks or a combination of investments. It doesn't matter to us which road you take, we want to ensure that the decisions you make will get you to your goal.





# TEACHER'S CORNER

## How can parents structure play with their child to encourage development?

Offer invitations to play by providing a collection of materials that they can explore and investigate. For example, a ball of plain homemade play dough, a mason jar filled with fresh herbs and a pair of little scissors is the perfect simple invitation for 2.5-5 year olds to develop fine motor skills.

Rotate and curate the toys that are available. Preferably open-ended toys such as blocks, train tracks, dress up clothes and accessories, or a play kitchen. Imaginative play fosters social-emotional, language and communication development.



**LAUREL HAMILTON**  
Class 2A

## What advice would you give to parents of children starting school?

Your child's school experience will be a journey filled with ups, downs, and tremendous growth. Give grace to yourself, your child, teachers, other students, and other parents. Mistakes will happen. Everyone, including you and your child, is learning, growing and trying their best. Every child has their own strengths and learning style. Do your best not to compare or push. Your job is to foster confidence and provide scaffolding as they become more independent and have their own experience outside of the home.



**MONIQUE NELSON**  
Newborn A and B

## How can parents structure play with their child to encourage development?

Look at play from various angles including large muscle control, small muscle control, and social and emotional development. For example, play involving large muscle movement in infancy might be to crawl over pillows, crawl through a tunnel, or under a pretend bridge. Hold on to your hands and jump like a kangaroo and hop like a bunny. Use their imagination to make play fun and keep them engaged. Infants and toddlers have very short attention spans. Dance and sway to music holding them when they are too little to do this themselves. Daily tummy time to work on neck and head support and strong core muscles. Ride on toys or push pull toys are also helpful at this age as well. Even an activity gym that requires your infant to stand up or a jumpy hanging from the door frame all work large muscles. Developing fine motor skills can be as simple as offering finger foods that they can pick up and feed themselves, bath toys that they can squish and squeeze. For emotional and social development, read books with rhythm and rhyme and sing songs. Play games that take turns so they understand that adults are predictable. Play games like 'peek-a-boo' that help with separation anxiety.

## What advice would you give to parents of children starting school?

Pick a preschool that is all about learning how to take direction for other adults, getting along with other kids and loving themselves. I would not pick a school too focused on academics... that will come later. Preschool should be fun!

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# 30 Minutes of Your Time = Priceless Family Time

by Royal Aesthetics & Injectables



Life can already be very full with the hustle of working, living an active lifestyle, volunteering, and pursuing passions. When adding kid(s) to that mix, all of the little moments spent with a partner, working out, or doing self-care routines can quickly go out the window... and for a good reason! Building a family is a once-in-a-lifetime experience and deserves every bit of energy it gets — but parents have to save some love for themselves!

*“It’s nice to look in the mirror and see a more ‘refreshed’ me.”*

## SELF CARE IS CARING FOR A FAMILY

Taking time to do self-care is invaluable. Experts say that people who have a self-care routine gives them more to share with others and that those good habits can pass on to kids (who we know are always watching)! Parental energy is not endless and putting off, or even completely disregarding self-care can leave energy reserves depleted.

## START WITH BUILDING, IMPROVING, OR RE-BUILDING, A HEALTHY SKIN CARE ROUTINE

Investing in a healthy skincare routine is easy - whether it’s simply applying an SPF moisturizer daily or building up to a celebrity routine of regular facials, customized at home skincare, quarterly wrinkle relaxer and collagen stimulating treatments that soften fine lines. A good skin care routine can/should be shared with the whole family, especially because we live in a desert! Teaching our little ones good skin care and sun protection habits is a must.

The good news - even a celebrity level daily skincare routine doesn’t need to take longer than a few minutes so long as it is consistent, and individually tailored. A professional, customized plan ensures that quality treatments replace quantity, meaning less time in front of the mirror and more with family. Add in regular, short appointments for treatments like facials, wrinkle relaxer, and collagen building products to keep skin looking youthful and the benefits will last a lifetime!

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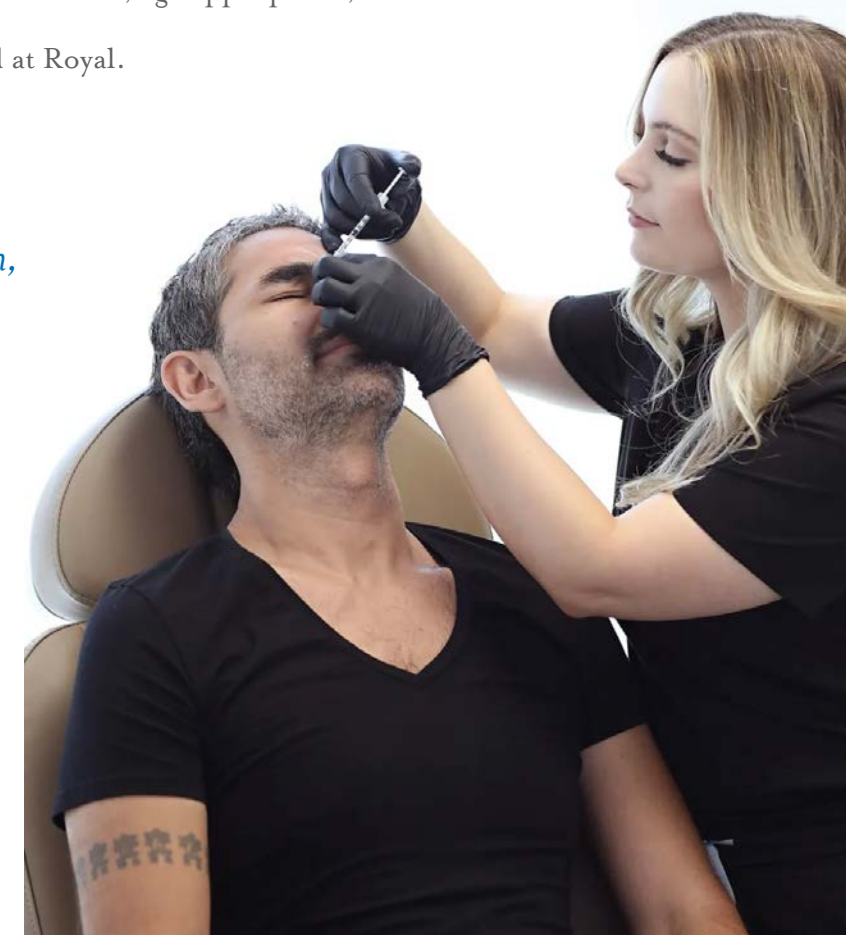
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*“Not only did I learn more about how to better take care of my face over long term, she was helpful in guiding me through what works and what doesn’t in the beauty field.”*



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# NCPG Sip & Bid 2023





# Being Intentional

by Elana Campbell,  
Founder, Intentional Students



As parents, how much time do we spend cleaning up after our kids? How many times have we run back-and-forth to school because our child has forgotten a homework assignment or something for sports practice? Nobody wants to receive an email about missing homework assignments, or to look at messy backpacks and binders with papers that spill out onto the floor.

In recent years, especially during virtual learning and with the other challenges of COVID, deficits in executive function skills became readily apparent. I saw it firsthand, as the director of a high school and as a parent of school-aged children. The lack of structure, repetition, and accountability that students had within the school setting disappeared when schooling shifted online, and that absence has had lasting effects. Now, we have to make up for lost time and fill in those learning gaps.

Executive function is a mental process and set of skills that govern time management, organization, multitasking, prioritizing, and memory. Deficits in

these skills can lead to many of the things mentioned above, and more. Children today are bombarded with information and distractions. Omnipresent technology and schedules full of school, sports, and extracurriculars make it difficult for children to plan and prioritize their time. Successful students clearly need to engage in schoolwork, but they also need downtime. Figuring out that healthy balance is no small feat. Children sit down to do their homework, but get distracted by that text message alert or that browser tab with the Youtube video. Without strong executive function skills, homework derailment is one phone ping away.

Deficits in executive function can lead to anxiety and stress, which then lead to further procrastination or avoidance of schoolwork. No plan for homework; homework doesn't get done. Increased importance of test grade, but no plan for studying. The spiral continues.

We cannot ignore the busyness of today's world or shun technology. When working with clients, I explain that they can have time to relax, unwind,

and engage in preferred activities as well as complete homework. Although many are skeptical, they learn for themselves when we map out their evening and school week using time planners and to-do lists. Everyone should have lists! But, a list is only as good as the methodology and discipline behind it. When used and mastered, to-do lists can help anyone— young or old—feel less overwhelmed and more in control of their life.

Developing a solid structure and system around homework and studying is a great starting point to help children build executive function skills. Creating routines around planning, prioritizing, and time management help students feel relaxed, as they are controlling their learning. By intentionally planning study time and creating to-do lists, students start to develop a mental framework for, and concept of, the passage of time and the scope of their work.

With these skills, there is a reduction of anxiety around completing tasks and preparing for tests. If students complete their work on time, and approach assessments with calmness and confidence, outcomes improve.

With over 10 years in student support, school administration, and education consulting, I have seen what happens when students master these executive function skills—better grades, greater enjoyment of school and extracurriculars, and increased confidence and self-esteem. The mere knowledge of having a strong system in place is enough of a calming factor for students to be able to focus on the task at hand. And when the inevitable “unexpected something” pops up, students will know that they have the means and tools available to adapt and get back on-track.

That's an invaluable skill for all of us!



*Elana was born and raised in England, and immigrated to the USA in 2003. Her experience in education began after her youngest child was diagnosed with autism. Over the last 10 years, Elana has worked in various teaching environments. These include Title I, private special education, and charter schools. Her experience as an intervention teacher, coupled with her work as a Dean of Students and ultimately as the Director of Upper School of a renowned charter school, allowed Elana to craft and perfect a personalized organization system that will help students become masters of their own planning and time management. Elana helps students with self-advocacy skills and strives for each student to feel empowered, and to take ownership of their work and organization skills. Elana received a Fellowship from the Royal Society of Arts in London (FRSA) for her work with autism and in education.*

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# Craft: Puffy Paint Ice Cream

thebestideasforkids.com

## Supplies

- Shaving cream
- White glue
- Sprinkles
- Cardboard
- Colored cardstock
- Paint Brush
- Large red pom pom

## Puffy Paint

Add ¼ cup of shaving cream into a bowl. Mix ¼ cup of white glue into the shaving cream. If you want to add color, you can use gel food coloring or washable paint.

## Directions

1. Cut out an ice cream cone from cardboard. We used shipping cardboard. Then, glue the cardboard cone to the colored cardstock. We used a 12×12 size of colored cardstock to give more space for the ice cream on top.
2. Add the puffy paint on top of the cone to make some ice cream scoops. Try to get a lot of the puffy paint on there as it will dry puffy and will stay 3D.
3. Now kids can add sprinkles on top! The sprinkles will naturally stick to the puffy paint. As a final option, you can glue a large red pom pom to the top of the ice cream scoop for a cherry on top.



# Spring Festival 2023





# Skin Care 101 by Skin Charm

Navigating the world of skin care can be overwhelming! Add in pregnancy and/or breastfeeding and it takes complicated to the next level. Although completely worth it, parting with some of my most coveted skin care “must-have” products during my pregnancy and breastfeeding journey, was admittedly, very difficult. Fortunately, there are still many bump-friendly products that are deemed as safe in the medical community. Some of the active ingredients and products I couldn’t live without were:

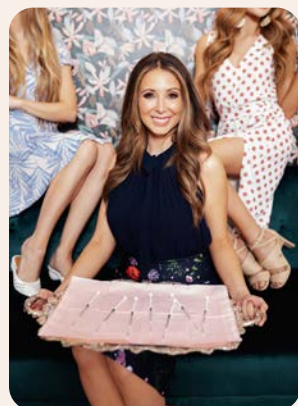


- **Hyaluronic Acid** (Favorites are SkinMedica HA5, and PCA Skin Hyaluronic Acid Boosting Serum)
- **Mineral Sunscreen** (SkinMedica Essential Defense Mineral SPF, Farm House Fresh Elevated Shade 100% Mineral Sunscreen, and Jane Iredale Pressed/Loose Powders)
- **Vitamin C** (SkinMedica Vitamin C+E, as well as PCA Skin C+E Advanced Serum)
- **Niacinamide/Shea Butter-Based Moisturizer** (PCA Skin Collagen Hydrator and PCA Skin SilkCoat Balm)
- **Lactic Acid Cleanser** (PCA Skin “Facial Wash”)
- **Peptides + Growth Factors\*** (SkinMedica TNS Advanced Serum and PCA Skin Exlinea Peptide Serum)  
\*not all growth factors are deemed as safe.

A few ingredients and services you should look to avoid during your pregnancy and breastfeeding journey are:

- Retin-A, Retinol and Retinyl Palmitate
- Benzoyl Peroxide
- Salicylic Acid
- Hydroquinone
- Tazorac and Accutane (Retinol)
- Chemical Sunscreens
- Botox (Neuromodulators)
- Dermal Fillers
- Microneedling (because of the use of numbing agents)
- PDO Threads
- Lasers

It is important to remember that every physician has differing opinions on what is safe for you and your baby. I always recommend checking with your OB to learn more about what their specific recommendations are for you. With that being said, our team welcomes and encourages you to visit our office for an in-person consultation and assessment to create a customized #preservingthepretty plan that’s tailor made to the unique needs of your skin.



For more information on skin care, facials, and non-invasive aesthetic treatment options, please visit us online at [skincharm.com](http://skincharm.com) or contact one of our Patient Care Coordinators at (480) 687-8996. **ALL NCPG MEMBERS RECEIVE 10% OFF!**

Be well,

**Annie Bruno Thurston**, Board-Certified Aesthetics Nursing Specialist (RN, CANS, LE, CLT, National Trainer for Allergan Medical Aesthetics)

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# Recipe: Fresh Corn and Tomato Fettuccine

<https://www.tasteofhome.com/recipes/fresh-corn-and-tomato-fettuccine/>



**YIELDS:** 4 servings **PREP TIME:** 30 mins

## INGREDIENTS

- 8 ounces uncooked whole wheat fettuccine
- 2 medium ears sweet corn, husked
- 2 teaspoons plus 2 tablespoons olive oil, divided
- 1/2 cup chopped sweet red pepper
- 4 green onions, chopped
- 2 medium tomatoes, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup crumbled feta cheese
- 2 tablespoons minced fresh parsley

## DIRECTIONS

- In a Dutch oven, cook fettuccine according to package directions, adding corn during the last 8 minutes of cooking.
- Meanwhile, in a small skillet, heat 2 teaspoons oil over medium-high heat. Add red pepper and green onions; cook and stir until tender.
- Drain pasta and corn; transfer pasta to a large bowl. Cool corn slightly; cut corn from cob and add to pasta. Add tomatoes, salt, pepper, remaining oil and the pepper mixture; toss to combine. Sprinkle with cheese and parsley.

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# NCPG COLORING CONTEST

Introducing NCPG’s coloring pages on the following pages. Check out each issue for some fun. We would love to feature your “artists” in the upcoming *Parent Times*!

Snap a pic of your cutie’s masterpiece and email it to **communications@ncpgaz.org** by **??????**.

Please include your name and your child’s name and age in the email to see if they will be featured in the next issue.

## HERE ARE LAST ISSUE’S WINNERS!

# Birth Announcements

Help us welcome these new additions to our NCPG family!



**Eastham Russell Knocke**  
10/4/22  
9 lbs, 14 oz  
22.5 inches  
Parents: Julie Meeks and Russ Knocke  
Sibling: Eva, 3 1/2



**Millie Leah McCreary**  
3/2/23  
8 lbs, 20 inches  
Parents: Kirbee and Robert McCreary  
Sibling: Merrit, 20 months



**Grant Stephen Chalmers**  
3/20/23  
7 lbs 10 oz, 21.5 inches  
Parents: Rylee and Eric Chalmers  
Sibling: Weston, 16 months



**Channing Michael Low**  
4/3/23  
4 lbs, 10 oz  
18.5 inches  
Parents: Tayler and Justin Low  
Sibling: Riley, 2

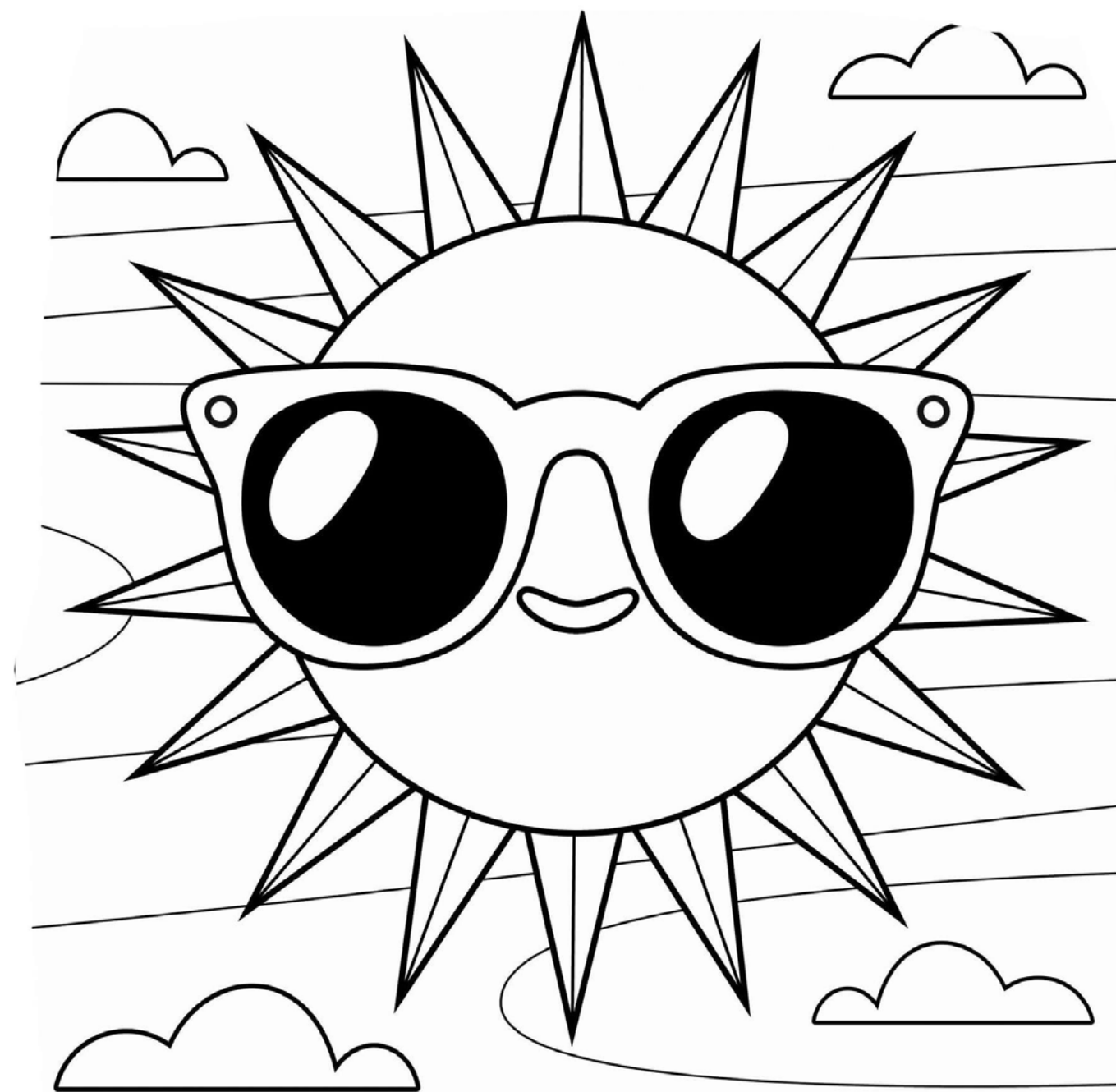
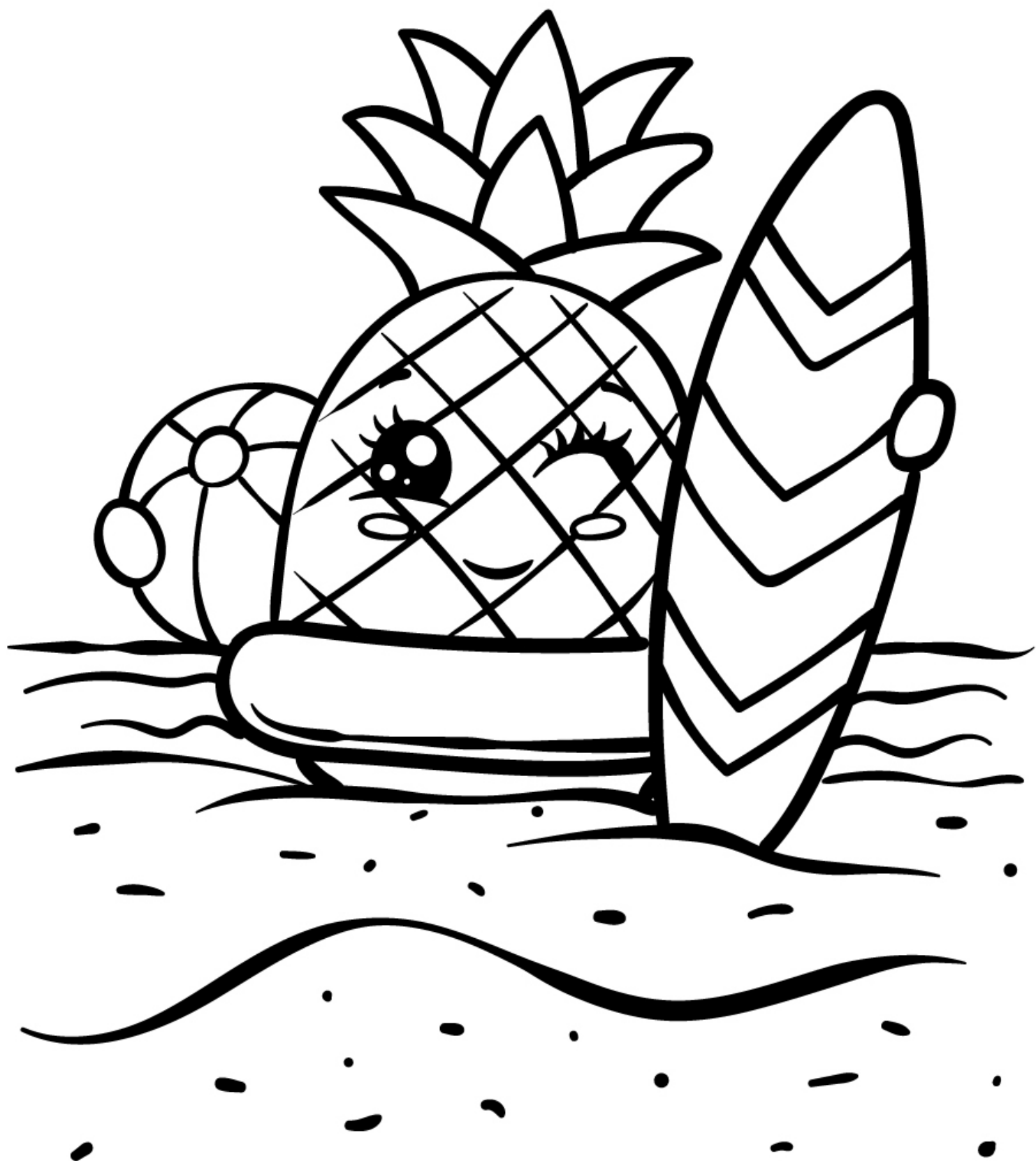


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