

Parent Connection

VOLUME 2, ISSUE 3

MARCH 1, 2010

SPECIAL POINTS OF INTEREST:

- Spring Fever
- Champions for Charity
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Spring Fever

This is the time of year when we all really start to love Arizona. The weather is warm enough to get outside and enjoy ourselves before the summer heat gets here! This is also the time we are eagerly awaiting Spring Training for Major League Baseball! Having such fantastic weather here in Arizona we are lucky enough to have 13 teams training here in the Phoenix area. If you can, get out and catch a game and eat a Hot Dog with the special kids in your life!

Games Scheduled until April 4th

Surprise Stadium:

Texas Rangers & Kansas City Royals,

15850 N Bullard Ave, 85374

602-222-2222

Peoria Sports Complex:

San Diego Padres & Seattle Mariners

16101 N. 83rd Ave, 85382

623-773-7110

Maryvale Park:

Milwaukee Brewers

3600 N. 51st Ave, 85031

602-534-6449

Scottsdale Stadium:

San Francisco Giants

7408 E Osborn Rd., 85251

480-312-2586

Phoenix Municipal Stadium:

Oakland A's

5999 E Van Buren St, 85008

602-495-7239

Tempe Diablo Stadium:

Anaheim Angels

2200 W Alameda, 85285

480-350-5205

Hohokam Stadium:

Chicago Cubs

1235 N Center St, 85201

Camelback Ranch:

LA Dodgers & Chicago White Sox

10710 W Camelback, 85037

623-302-5000

Goodyear Ballpark:

Cleveland Indians & Cincinnati Reds

1933 S Ballpark Way, 85338

623-882-7525



PARENTING ARIZONA™

Safe children. Strong families.

Subsidiary of CPLC

“Champions for Children” Luncheon

Friday, March 26, 2010 | 11:30 am – 1:30 pm
Arizona Biltmore – Gold Room

Parenting Arizona, Inc., a subsidiary of CPLC, has been providing statewide multi-cultural family support and parent education services that reduce child abuse and neglect for 33 years. The annual Champions for Children luncheon is a fundraising event to help provide necessary funding for education and training classes

that can be life changing for the members as they learn positive and collaborative methods to best deal with their children and parents. In addition, individuals and corporations from the community will be recognized and honored. These individuals have positively affected families and children throughout Arizona.

Cost: One table for 10 guests to be a Friend of Parenting Arizona is \$1000

Date: Friday, March 26, 2010

Time: 11:30 a.m.

Address: Arizona Biltmore, Gold Room 2400 E. Missouri Ave, Phoenix, Arizona

ng a Healthy Kitchen



Keeping a well-stocked kitchen can make it easier to prepare quick and healthy meals.

Keeping a well-stocked kitchen can make it easier to prepare quick and healthy meals. It is helpful to stock your kitchen with a variety of basic foods, but it is best to buy fresh ingredients as you need them.

Make sure you have the following on your kitchen shelf:

Brown rice and/or couscous	Brown sugar
Pasta	Honey
Bulgur or barley	Cornstarch
Beans (dried or canned)	Baking powder and baking soda
Fat-free refried beans	Vinegar
Reduced-fat condensed cream soups (a variety)	Ketchup, mustard, light mayonnaise, and relish
Chicken or beef broth	Reduced-fat salad dressings
Salsa or picante sauce	Canned tuna or salmon (packed in water)
Pasta sauce	Peanut butter
Vegetable cooking spray	Ready-to-eat whole-grain cereals
Vegetable oil, such as olive oil	Oatmeal
Herbs and spices	Baking potatoes and/or yams
Flour	Dried fruit, such as apricots and raisins
Sugar	Bread crumbs

Try to have the following in your refrigerator:

Fresh fruit (variety)	Parmesan cheese
Fresh vegetables (variety)	Low-fat margarine or butter spray
100 percent fruit or vegetable juices	Eggs or egg substitute
Onions	Low-fat sliced cheese
Tortillas	Reduced-fat deli meat, such as turkey breast
Fat-free milk	Bottled lemon juice
Low-fat yogurt	Light soy sauce and teriyaki sauce
Low-fat cottage cheese	Fresh garlic

Try to have the following in your freezer:

Frozen vegetables	Lean meats (chicken breasts, lean beef, pork loin chops)
Frozen chopped onions	Fish
Shredded low-fat cheese (a variety)	Frozen yogurt, sherbet or sorbet; frozen juice bars

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We would like to wish a Special

HAPPY BIRTHDAY

to all of our Family and Friends who have Birthdays this month!

Vanessa Cervantez 3/1

Tiffany Thomas 3/4

Albert Martinez 3/6

Miguel Montanez 3/6

Karina Lopez 3/7

Jasmine Valenzuela 3/7

Arturo Comacho Jr. 3/11

Taziyah Jones 3/11

Braden Livingston 3/11

Mario Midobuche 3/12

Liz Livingston 3/13

David Gillard 3/15

Darwin Martinez 3/20

Sharon Gonzalez 3/26

Mishelle Lowrey 3/27

Destinee McLaughlin 3/28



If we missed your Birthday we are sorry! It just means we don't have it! Please contact us to give us that information!

Stocking a Healthy Kitchen Cont:

Once you have your kitchen stocked, it is time to turn those ingredients into wholesome, nourishing meals the whole family will love.

One large part of your stocked kitchen will probably be meat, poultry, and fish. These foods can contribute a huge part of your fat content for the day, so it is important to choose cuts carefully. Certain cuts of meat, poultry and fish are leaner than others.

Substituting extra-lean ground beef, ground round, or ground turkey for regular ground beef will reduce fat content by 7 to 9 grams per ounce. That's a fat savings of 63 to 144 grams

of fat in one pound of ground meat. Family favorites like Sloppy Joes, tacos, hamburgers, chili, spaghetti sauce, and meatloaf taste just as satisfying without all the saturated fat. To keep chicken, pork, or fish moist, poach it in heavy aluminum foil with herbs, onions, your favorite vegetables, and other flavorings. Secure the package well, and bake or grill.

Look for these examples when stocking your kitchen:

Beef:	Choose USDA Select or Choice grades of lean beef trimmed of fat, such as round, sirloin, flank steak, eye of round, top round steak, top loin steak, tenderloin, roast (rib, chuck, rump), steak (porterhouse, T-bone, cube), ground round
Poultry:	Chicken or turkey (white meat, no skin), Cornish hen (no skin)
Pork:	Canadian bacon, tenderloin, center loin chop
Lamb:	Roast, chop, leg
Veal:	Lean chop, roast
Fish:	Fresh or frozen cod, flounder, haddock, halibut, trout, fresh tuna, tuna canned in water, fresh salmon, salmon canned in water, catfish, canned sardines
Shellfish:	Clams, crab, lobster, scallops, shrimp, imitation shellfish, oysters

Sahuaro Ranch Park

The crown jewel of Glendale's park system, Sahuaro Ranch Park offers users both a recreational and historic experience. This park is unique with its historic ranch buildings and its recreational park areas. Visitors can picnic, play on the playgrounds, visit with chickens, view peacocks, explore the old ranch grounds or play a ball game.

Tours of the Historic Buildings

Enjoy a trip back in time with a FREE Historic 1895 Main House Tour! Wednesday through Saturday, 10 am—2 pm and Sunday 1—4 pm through May 30th.

Learn the history of the Ranch with our FREE Ranch Site Tour highlighting the Ranch's various buildings, barnyard, historic trees and groves. 11 am Friday, March 11 and Saturday March 12. Meet on the main house front porch.

Sahuaro Ranch Park
9802 N. 59th Ave
Glendale, AZ 85302
Tour Information:
623-930-4200
Picnic Reservations:
623-930-2820





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Within the Community



St. Patrick's Day Parade

Saturday, March 13th, 10 am
3rd St, Thomas to Virginia, Phoenix

Aloha Festival: FREE Admission

Hawaiian and Polynesian food, children's craft area, Ukulele instruction and entertainment. Saturday, March 13, 10 am-5 pm Tempe Beach Park, Mill Ave and Rio Salado Pkwy, Tempe

Glendale Folk & Heritage Festival: FREE Admission

March 20 & 21, 10 am-5 pm
Sahuaro Ranch Park Historic Area 9802 N. 59th Ave

Lakeshore Learning Store

4727 E Bell Road, Phoenix 85032, 602-482-7919

FREE Crafts for Kids ages 3 and up

EVERY Saturday from 11 am-3 pm

3/6- Crazy Kaleidoscope

3/13-Pot O'Gold Bank

3/20-Bird Feeder

3/27- My Puppet Pal

Worldfest: Free Admission

Activities, multi-cultural entertainment, art and food from Phoenix's sister cities located around the world. Heritage & Science Park 115 N 6th ST Phoenix

Saturday, March 27th, Noon-11 pm

Family Learning Center

CHC: 2525 E Roosevelt St

602-344-1352

SC Location: 33 W Tamarisk

602-344-6460

Fun Arts at the FLC! Enjoy fun art activities for your children and adults of all ages.

CHC Location: EVERY Wednesday and Thursday, 9:30-11:30 am

SC Location: EVERY Wednesday and Thursday, 1:00-3:00 pm

Eating Healthy- Staying Healthy! Are you interested in learning about the six food groups? Do you know how much food is too much? In this fun class, you and your child will learn the importance of eating balanced and varied meals and getting regular exercise.

SC Location-Every Thursday, 3:30-4:30 pm