

# Wrangler NEWS

Nov. 17 - Dec. 1, 2012 • Vol. 23, No. 23

Making a big community a little bit smaller.



In case you hadn't noticed, the holidays are sneaking up on all of us — all of us, that is, except those butchers, bakers and candlestick makers who already are working overtime to keep up with the seasonal demand. At Great Harvest Bread Co. in south Tempe, this year is no exception, as Jen Brunner and her fellow elves (inset photo) prove.

— Wrangler News photo by Carmel Bonitatibus



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# Kyrene schools deal with unstable living environments

## As many as 450 kids impacted by varying degrees of homelessness

By Diana Whittle

With the holidays approaching, thoughts usually turn to home and family—but what if you don't have a home and your family is scattered?

It's a more common scenario in Arizona than you may realize and, regrettably, kids can be the most impacted.

In fact, in Tempe's own Kyrene Elementary School District, the homeless count this year is between 400 and 450 students, according to Amanda Hamm, the district's homeless program coordinator.

Each school district in the state has a homeless coordinator position, as a result of the Homeless Education Assistance Improvements Act of 2001.

In the school year 2011-2012, there were 31,683 homeless students enrolled in Arizona Schools, according to the Arizona Department of Education.

"The number of homeless children can fluctuate throughout the school year because families with unstable living arrangements may need to move several times," said Hamm.

Thankfully the majority of those deemed homeless are not truly living on the streets, but rather "double-bunking," a term Hamm uses to describe families who find shelter with other family members or friends.



File photo

Kyrene schools follow federal definitions when it comes to determining who is considered to be a homeless child.

The McKinney-Vento Homeless Assistance Act was first signed into law in 1987. It states that homeless children are those who lack a fixed, regular and adequate nighttime residence, such as families who are:

- Sharing the residences of other persons due to

loss of housing, economic hardship or a similar reason;

- Living in motels, hotels, parks, cars, bus stations or similar settings because alternative adequate accommodations are unavailable; or
- Living in emergency or transitional shelters.

If such tentative living arrangements sour and a distant move is necessary, the child may be required to enroll in another school district.

The Arizona Board of Education recognized this as a barrier and in 2002 implemented a transportation component as part of its funding for support services.

This means that if a Kyrene district student moves to Phoenix, the student can request bus service to be transported back to the "school of origin" within the same school term.

Another issue involves "unaccompanied youth," in which a child is not in the physical custody of a parent or guardian due to running away or being abandoned. While the number is small in Kyrene, Hamm estimates that a substantial number of students are in this predicament.

As required by law, the Kyrene School District fully integrates the homeless students, so their status is not apparent to fellow classmates.

Still, special services are available to eligible students, such as a free and/or reduced meal program

— HOMELESS, Page 18

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science



Volunteers pack food at the south Tempe location of Feed My Starving Children, which this year is suggesting gifts that will go toward helping hungry kids around the world.

— Photo courtesy Feed My Starving Children

## A full stomach is best gift of all

### Group combats hunger with holiday campaign

By Alison Stanton

The holiday season is just around the corner, and across the east Valley shoppers are already thinking about what to purchase for the many people on their gift lists.

Instead of spending hours searching for the latest toy or electronic device that might get used for a few hours before getting lost in the shuffle, some people are hoping to find presents that have more meaning.

South Tempe-based Feed My Starving Children, a Christian non-profit organization that helps get food

to millions of recipients across the globe, recently announced a line of gifts that are not only attractive and useful but can also help fund meals for starving kids.

The “Gifts That Grow” line ranges in price from \$10 to \$320, and is available both online and in the organization’s shop at the meal-packing site. There are six selections to choose from—a cross necklace, a Christmas tree ornament and a handmade chili bowl, among others.

Janine Skinner, development adviser

— Continued on the next page

## Gifts

From Page 4

for the organization, said the proceeds from the sale of each item bring benefit in a variety of ways.

For example, Skinner said, the cross necklace, which costs \$10, will fund 45 meals. Purchasing the Christmas ornament will allow a hungry child to eat for an entire year. And a framed photo that is also part of the Gifts That Grow line and costs \$320 will allow an entire family in a developing country to eat for a whole year.

"These gifts are all special," Skinner said, adding that each meal costs just 22 cents.

"These items have a built-in donation that goes along with them. Everything we sell goes to feed starving kids, so people can feel really good about buying gifts here."

In addition to the Gifts That Grow items that are available during the holiday season, Skinner said the Tempe location sells a wide variety of handmade items throughout the year, including jewelry and baskets that are made by artisans in the developing world.

"All year long we are selling items that are made by the very people who we are helping, and a lot of them are made by children," Skinner said.

In addition to its Tempe site, Skinner said Feed My Starving Children has myriad volunteer opportunities for people who want to help pack food that will be sent to almost 70 countries.

Last year, Skinner said, the non-profit produced 133 million meals at the charity's meal-packing sites in Tempe, Minnesota and Illinois. Ninety-two cents of each dollar donated goes directly to feeding the hungry, she

added.

At the Tempe location, Skinner said around 1,000 volunteers arrive every week for a total of 21 packing sessions.

"The volunteers come as individuals and as families, and we get groups of up to 60 at a time, including school field trips and corporate groups who volunteer as part of team building."

Once they are trained, Skinner said, the volunteers get busy packing up the food, which she said is a specific meal-formula "superfood" called MannaPack Rice that is scientifically designed to meet the nutritional needs of children.

"The food contains rice, soy, dried vegetables, chicken flavoring, vitamins and minerals. The volunteers put six servings into one bag, and one cup of food a day is enough for kids to grow and thrive."

Skinner said the volunteer experience is so important to her and the others that they try to make it as fun and enjoyable as possible.

"We want to make sure they are having a good time, so we get everyone working and it's really structured and organized, and we're also cranking the music and people are literally dancing while they are working."

At the end of the volunteer shifts, Skinner said, everyone leaves feeling both affected and inspired.

"I challenge you to find anyone to spend one to two hours packing up meals here and not be impacted by the work they have just done."

Feed My Starving Children's local MarketPlace is at 7965 S. Priest Drive, Suite 106, in Tempe. Hours are 9 a.m. to noon and 3:30 to 9:30 p.m. Tuesdays through Fridays, and from 8:30 a.m. to 9:30 p.m. on Saturdays.

For more information, or to learn more about volunteering, call 480-626-1970 or visit [www.fmssc.org](http://www.fmssc.org).

## How to be innovative in unsettled economy is target of workshop

Technology entrepreneurs looking for guidance in their short- and long-range planning can learn from subject-matter experts and industry peers at an interactive TechEDGE2012 Conference Friday, Dec. 7, in Chandler.

The program is designed to equip tech startups and emerging growth companies with the tools and resources they need to succeed. It will feature real-life stories from business owners as well as practical tips from experts.

Keynote speaker Tom Wujec will discuss the subject "Fostering Innovation in Turbulent Times," tapping into his experience to explain

how successful companies develop new ideas and bring them to market.

TechEDGE2012 is supported by Fennemore Craig and Arizona State University.

It is hosted by the city of Chandler's Innovations Incubator in partnership with the Arizona Business Incubation Association.

The session will be held 7:30 a.m. to 4 p.m. at the Chandler City Council Chambers, 88 E. Chicago St.

Cost for the full-day event is \$50, with fees waived for students and Incubator clients.

Information: [www.chandleraz.gov/ed](http://www.chandleraz.gov/ed).

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Lance F. Rouse, M.D., is a psychiatrist at St. Joseph's Hospital and Medical Center.

Dr. Rouse's expertise is the practice general adult psychiatry, including the diagnosis and treatment of depression, bipolar disorder, schizophrenia, and anxiety disorders. He is a member of the American Psychiatric Association.

Dr. Rouse received his medical degree from the University of Nebraska Medical Center in Omaha. He completed his residency in psychiatry at the University of California, Davis.



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# Sports . . . with Alex Zener



Jake Whitney, left, Nathan Rodriguez and Ryan Normand helped Corona del Sol's boys team place third at the state cross country meet. Whitney took 12th place, Rodriguez 3rd and Normand 5th in the Division I competition. See Page 7.

— Photo courtesy Chris Huch

## ***Padres matchup with Ironwood will determine Nov. 24 challenger Division II finalist to be determined by Tucson outcome***

**L**ots of folks, except perhaps the fans and football players of No. 2-seeded Marcos de Niza, were probably hoping for another cliff-hanger between the Padres and the No. 7-seeded Chaparral Firebirds when they met up for the second time this season in the quarterfinals of the Division II state football playoffs Nov. 9.

The game was close in the first quarter and mostly

exciting throughout, but it did not compare to the last-second 29-27 win the Padres pulled off against Chaparral early in the regular season. **Josh Eckley** evaded tacklers and rushed 11-yards to win that game with no time left on the clock.

This time, Eckley along with **Mauriece Lee** and **Paul Elvira** on offense and senior defensive back **Priest Willis** and junior defensive back **Dominique Fenstermacher** on defense, made

sure their team did not have to pull off any last minute heroics to move on to their semifinals match against Ironwood Ridge.

After the Firebirds struck first with a field goal in the first quarter, Lee broke free and left Chaparral's defense in the dust to sprint 80 yards for the Padres first score of the game.

Even though the Firebirds came back to score a touchdown and briefly led 10-7 in the first quarter,

they never got any closer than 12 points in the fourth quarter. The Padres, who scored seven total touchdowns, built a 35-10 lead in the first half and never looked back.

Lee, named offensive player of the game, ran the ball for 286 yards on 20 carries scoring four of the team's seven touchdowns.

Elvira, named overall player of the game, was instrumental in helping Eckley, who only threw the ball 14 times against Chaparral, vary the offensive and keep the Firebirds' defense off balance.

Elvira caught five of Eckley's nine completed passes for 132 yards. Two times he leaped above his defender's outreached arms to catch the pass and score a touchdown. Another time he snagged the ball out of the air for a catch in the red zone that eventually set up another touchdown for Lee.

Eckley, the team's escape artist, once again proved how valuable it is for a football team to have a quarterback who can scramble and run with the ball, if needed. Eckley kept the ball 18 times rushing over 80 yards and scoring one touchdown.

Kicker **Jaron Jones** did his job making all seven of his point-after kicks.

The Padres defense was focused and determined. They not only held the Firebirds scoreless in the second quarter and tallying 59 total tackles but they came up big in the interception department.

Senior **Derek Craig** and junior **Logan Palmer** each had five solo and eight and nine total tackles respectively, but this game may have been a preview of what's to come for junior Fenstermacher who had six solo tackles and three key interceptions.

Fenstermacher's three, out of the Padres' total five interceptions, were in the second half on a relatively cold windy night. Each one had the same effect on the Chaparral offense as dumping a cooler of ice water, usually saved for the unsuspecting winning coach's head, on any scoring drives the Firebirds were attempting to mount.

Willis, named defensive player of the game for his pass defense, also saved a potential second-quarter scoring drive by Chaparral when he intercepted a pass in the red zone.

Senior **Josh Kirkwood** gave the defense another boost when he intercepted another Chaparral pass and blocked a field goal.

Up next the Padres were due to play Nov. 16 in Tucson against Ironwood Ridge, the only team to beat them this season. The Nighthawks have exactly the same record as Marcos de Niza, 11-1.

Previewing the game based on stats provided by maxpreps.com, it appears that the Padres, on paper, anyway, should have an advantage in passing yardage (257 to 113 average), total yardage (495 versus 400) and tackles (77 to 43). Both teams score in the 40s per game.

The only area that the Nighthawks surpass the Padres is in rushing yardage (238 to 288) which may be why the Padres, averaging only 25 carries per game in the regular season, seem to have focused on rushing the ball more in the post season where they have averaged close to 45 carries a game.

Matter of fact, the Padres, who averaged over 200 yards rushing against teams in the regular season, actually had negative rushing yardage, -18, against Ironwood Ridge on Sept. 21.

Ironwood Ridge may feel it has the advantage of playing at home in Tucson and knowing that they beat Marcos 35-27 in Tempe earlier this season.

It will be up to the Padres and their coaching staff to overcome these obstacles to move on to the Division II championship game Nov. 24 against the winner of the other semifinal matchup: Salpointe Catholic versus Centennial.

**Girls Soccer** — Corona's girls soccer team, with 16 returning players, nine of them seniors and

starters from last season, is ready to get this new season underway and to show other Division I teams what they are made of.

"I am really excited about this season," said coach **Matt Smith**. "We have a great senior class that is not only talented and committed but also has a great attitude."

The team has eight seniors committed or being recruited to play at the next level in 2013 including **Kelsey Cartwright, Steph Petre, Olivia Montoya, Zoe Martinez, Taylour Rohme, Emily Matthews, Kate Halligan and Tori Haun**.

"Kelsey, Olivia and Steph are some of our returning starters who have received a lot of recognition in previous years," said Smith. "I believe Zoe is set up to have a huge year for us creating and scoring out of the midfield. Taylour and **Lexi Bounds** form a great goalkeeping combo for us."

Matter of fact, coach Smith thinks the Lady Aztecs' main strength may be their defense and goalkeeping but he says they also are a good technical team with a number of players who can shoot the ball.

One of the best assets this team may have going for them is chemistry.

"We have a group of players who started playing together when they were really young and seem to intuitively know where each other is on the field," said Smith.

The Lady Aztecs will start the regular season against arch rival Desert Vista on Nov. 29 at the Tempe Sports Complex followed by a match at Desert Ridge starting at 2 p.m. Dec. 1. Dec. 3-7 they will play in the Tempe Diablos Classic where they may end up facing off against Highland, Hamilton or Xavier, the three teams Smith thinks will be Corona's main competition this season.

**Aztec Lacrosse** — The Aztec Lacrosse team is currently having its Fall Ball session where returning players will get a chance to work on their skills and any new players will be taught the basic lacrosse fundamentals so they will be prepared for the when the regular season starts in February.

Besides working on skill development during Fall Ball, where practices are usually from 6-8 p.m. at either the Tempe Sports Complex or Benedict Sports Complex, the players will participate in two scrimmage events this winter according to coach **Cliff Prausa**.

Residents in the Warner corridor have the opportunity to participate in the fastest growing sport in America by joining the Aztec Lacrosse Club. The team is currently accepting registrations for their 5/6 & 7/8 grade teams that will play in a spring league. No experience is necessary! For more information about the club or the spring team, go to [www.aztecyouthlax.com](http://www.aztecyouthlax.com) or contact Cliff Prausa at [tempelacrosse@aol.com](mailto:tempelacrosse@aol.com). **Coaches** — The lacrosse club also needs coaches so if you are an ex-player and interested in staying involved with the sport, contact Cliff Prausa.

**Corona Cross Country** — Corona's cross country teams did better than expected at the Division I state meet. The girls team finished fifth and the boys team took third place with two runners placing in the top five.

"We are extremely pleased to have placed both the girls and boys teams in the top five," said coach **Ari Rodriguez**. "It was a huge improvement over last year."

Junior runner **Nathan Rodriguez** crossed the finish line in third place with a time of 15:57.736 or 18 places higher than he placed last year.

"Nathan improved his time by 45 seconds from last year," said coach Rodriguez. "He was 21st last year at state but the course was a little different so it's hard to really compare times."

**Ryan Normand** came on strong towards the end of the season as did **Patrick Cullings**. Normand finished fifth, Jake Whitney 12th, Cullings 63rd and Alex

Frantz was 64th, rounding out the top five runners for the Aztecs.

"Normand is the most improved varsity runner and the second ranked junior in the state, right behind Nathan," said Rodriguez. "Jake and Alex, as our seniors this year, can always be counted on to help the team have a strong finish."

"Cullings broke his arm over the summer skateboarding and came into the season completely out of shape," said Rodriguez. "He slowly moved up the rankings as the season progressed."

On the girls team, senior **Hallie Swenson** was the first runner for Corona to cross the finish line. Hallie's sister, **Mason Swenson**, only a freshman was the second CdS runner. The Lady Aztecs had Hallie finish 12th, Mason 28th, **Victoria Haun** 29th, **Kelly Naumann** 41st and **Sammie Moore** 42nd.

"The girls team had an outstanding run at state only missing out on fourth place by two points," said Rodriguez. "We are so impressed with Mason's improvement over the season. We will be looking for her to be our leading runner next year."

It may be hard for the Aztecs to top this season's accomplishments but the coaches and team have no doubt they can still improve.

"Everyone on the team bettered their performance from last year and, of course, next year we are going to try to improve even more," said Rodriguez. "We hope to be going for the gold for both the girls and boys team by the time the state meet comes around."

**Corona State Swim/Dive** — Corona's boys and girls swimming team have some young swimmers who should show steady improvement over the next two seasons. This season, however, with an injured **Chloe Hacker** and so many freshman and sophomores on both the boys and girls team, Corona's boys team finished 21st and the girls team 22nd.

Hacker, who hoped to win her third straight Division I state diving championship, was hindered by a shoulder injury the last part of the season and had not fully recovered by the state meet. Although Hacker still placed first in every meet, like the Tempe City Meet, leading up to state, she ended up fourth at state.

Freshman **Karilyn Quon** had a great freshman season culminating with a 10th place in the 200 IM, 15th in the 200 Medley Relay and 20th in the 500 Freestyle. Teammate **Nicole Holly** was 28th in the 100 Fly. Holly also swam with Quon in the 200 Medley Relay along with **Amy Hong** and **Myah Kamani**.

The boys team had two relays compete at the state meet both finishing in 12th place.

**Ryan Riley, Brandon Haws, Chris Tate** and **Rick Riley** swam the 200 Freestyle relay for the Aztecs while **Matt Hurst, Trace Langley, Ryan Riley** and **Nick Quon** swam in the 400 Freestyle Relay.

Nick Quon also swam for 12th place in the 100 Backstroke and 18th in the 200 IM while Tate was 23rd in the 100 Fly and Ryan Riley was 24th in the 50 Freestyle.

Hurst, who also qualified for two individual events at the state meet, placed 26th in the 500 Freestyle and 30th in the 200 Freestyle.

**High School Boys Rugby** — The Tempe Rugby Club, 2010 and 2011 Arizona High School State Champions, begin practice for the 2013 season on Tuesday Nov. 27. The club is welcoming new players. No experience is necessary. The high school

# Divine intervention: Angels on Patrol Care 7 Crisis Response Team gets a helping hand

Story & photo by Sally Mesarosh

More angels on the street mean more support for Tempe families in crisis.

Whether it's domestic violence, a homicide or simply a child who refuses to go to school, the city of Tempe has developed a quick and effective network of services to assist citizens who don't know where to turn for help.

In July, Tempe Police and the Care 7 Crisis Response Team formed a partnership with the Phoenix Angels on Patrol to provide citizens with more access to social services.

The result, according to all involved, has been phenomenal.

"You can't imagine how beneficial these services are to families," said Sgt. Jeff Glover, media relations and public information officer for Tempe PD.

"I've heard so many stories that show they are really making a difference."

The Angels on Patrol Program adds additional support to Tempe's established Care 7 Crisis Team. For 15 years, Care 7 volunteers have accompanied police officers and firefighters on 911 calls, providing stabilization and advocacy services.

Kristen Scharlau, Care 7 program coordinator, said the crisis team puts Tempe police officers and firefighters back in service so they can respond to other calls that are more urgent.

"It's a cost saving for the city," Scharlau said. "It's really expensive to have a fire truck with four firefighters on it helping an elderly person or maybe a hoarder or whatever the case may be."

Leah Heathcoat, program director of Angels on Patrol, said Tempe residents are fortunate to have the Care 7 team.

"When we started the conversation about expanding into Tempe, we learned what an integral part Care 7 plays with the Police and Fire departments, and looked at how we could fit into that," Heathcoat said. "Everything just fit really well and we launched in July."

Scharlau said in a short period of time, Care 7 and Angels on Patrol have developed a close relationship.

"We work together," Scharlau said. "Care 7 provides for immediate needs like food and shelter and Angels on Patrol fills in the blanks and helps people with long-term needs."

In a recent crisis situation, a school resource officer put in an application to Angels on Patrol to assist a high school student whose family was going through a difficult time. Their utilities had been turned off. They needed food and they needed the utilities turned back on so they could put food in the refrigerator.

In a collaborative effort, Care 7 advocates delivered a food box to the family so they could get through the weekend and Angels on Patrol paid \$100 on the organization's SRP M-Power card to get the power back on.

"It meant everything to that family," Heathcoat said. "The mother was so grateful. She was in tears. They went to the school and thanked the officer."

In another situation, Lt. James Click of the Tempe

— Continued on the next page

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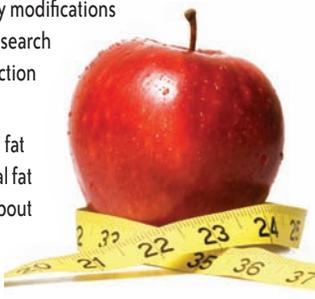
# Natural Weight-Loss Program

with Meghna Thacker, NMD

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Martha and Nadia, members of Tempe's Care 7 Crisis Response Team. The volunteer group works with Angels on Patrol to assist Tempe police in situations where an extra hand helps calm victims and free officers for other calls.

Police Department put in an application to Angels on Patrol to help a Tempe grandmother, Donna Austen, who was having car problems. Austen is raising her two grand-daughters on her own and relies on one car for all their transportation.

She experienced a temporary financial hardship when one of the granddaughters was hospitalized.

Through Care 7's connection to Restoration Rides Ministry, Austen's car was repaired and Angels on Patrol paid part of her mortgage for that month.

Austen said she doesn't know what she would have done without the helping hand from the two agencies.

"I think we would have spent a long time on buses or broken down on the side of the road," Austen said.

"These agencies have lots of connections and are a good example of putting the pieces together to help someone.

"If I can ever find a way to pass this on, I certainly will."

Heathcoat said their job is all about supporting police officers and improving the relationship between officers and citizens.

"It even improves how the officers feel about their community," Heathcoat said. "It uplifts them and makes them feel like they were able to do a little something extra."

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# Discovery Business Campus on target for 2013 Work started on \$10 million, 9,000-sq-ft complex

By Diana Whittle

In mythology, a phoenix is an immortal bird that flies far ahead to the front, always scanning the landscape, always with a vision of the future.

The developers of Discovery Business Campus, at the northwest corner of Elliot Road and Loop 101 in south Tempe, hope for those qualities and more as they give new birth to a onetime Motorola property, now the site of Freescale, one of the world's largest semiconductor manufacturers.

With new tenant lease-ups, which are anticipated to begin after the first of the year, Wentworth Property Company has invested about \$10 million to renovate and expand the amenities on the 136-acre Freescale site by adding new parking, access roads and landscaping—including, so far, about 900 trees.

"We've greened up the look and improved the overall appearance of the property," said Matt Brucker, director of asset management for Wentworth, a commercial real estate developer with a 40-year track record in the Phoenix market.

"We've also added a pond feature along with patio tables and chairs."

The mixed-use office park is the largest infill development site in the area and features roadway access from all four corners. The surface streets offer a full diamond interchange adjacent to the property, providing direct access to downtown Tempe, Chandler and Scottsdale. It is situated in the heart of the Valley's technology and science center.



Electrical contracting foreman John Kemper, left, and worker Justin Whittmier say they have their work cut out for them as massive Discovery Business Campus project gets under way at the former Motorola site, now Freescale Semiconductor, at the northwest intersection of Elliot Road and the Price/101 Freeway in south Tempe.

— Wrangler News photo by Dee Myers

"When the project is completed, traffic will funnel through six different

entrances and exits, so that drivers can easily access each section of the

campus," said Brucker.

Currently, the primary access to the property is at Warner Road and Los Feliz Drive, with a lighted intersection shared with ASU Research Park.

"At the southwest corner of Elliott Road, we plan to add about 9,000 feet of retail shop space and hope to lease to small businesses such as a coffee shop, pizza parlor, cell phone store, etc.," said Brucker.

On the northeast corner of the campus, the developer wants to attract a hotel to the mix.

"We want to offer a complex that provides a complete office park for the tenants," added Brucker.

The developer went through an extensive public outreach process with Tempe before starting construction, and continues to maintain close ties with the city's Economic Development Office.

"We are very excited about this development and work closely with the developer, James Wentworth, who has been a great partner with the city of Tempe and has invested millions of dollars to redevelop the former Freescale campus," said Shannon R. Shelby of Tempe's Economic Development Office.

Wentworth Property and a partner, Northwood, purchased the land for the Discovery Business campus for \$53.7 million in cash, with no special tax incentives or fiscal impact on Tempe city funds.

Wentworth is coordinating the leasing efforts with the Cushman & Wakefield office in Phoenix.

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## 5K Run/Walk Starts at 9 a.m.

- Entry fee is \$25 thru Nov. 30 or \$40 on Dec. 1
- 7 a.m. Registration & Packet Pickup
- Run is chip timed
- Course is a scenic loop around Tempe Town Lake
- Participants receive commemorative T-shirts

## ½K Fuzz Run

- Free for Children 10 and under
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# DISCERNING DINER

## Turkey: Perhaps more than you ever wanted to know

*Editor's note: Every so often we receive email from a reader asking the whereabouts of the author of our longtime Discerning Diner series and wondering why her columns hadn't been appearing recently in Wrangler News. Simply said, she moved on to more lofty goals—and, yes, there is a small hint tucked away there but it's one we've promised not to reveal. Anyway, occasions come along during the year that cry out for the wit and wisdom of our old friend, and Thanksgiving indeed is one of those. We know she'd agree with our words of advice: Eat and make merry!*

As November wanes and visions of pilgrims dance in our heads, it's hard to avoid the obvious seasonal discourse on, what else, turkey. One caveat before proceeding, however: If you worry that a discussion of poultry mating habits might offend, please avert your eyes now and withhold your regular reading of this column until the next issue, when we will no doubt explore something less prurient, like eggnog or fruitcake.

Still with me? Okay. The white breast meat of the turkey is so prized that today's domestic turkeys have

been bred to be extremely top-heavy—so top-heavy, in fact, as to render ineffectual the birds' natural mating position. Since the birds are unable to breed, turkey eggs are now fertilized by artificial insemination.

Moral concerns aside, people seem divided on the merits of turkey. Most of us like it in a lunch meat capacity, but were it not for the crushing weight of holiday tradition, I suspect that many Americans would as soon have a Thanksgiving steak.

Personally, I love turkey. I'm not a turkey nut or anything—I don't remember the last time I bought turkey off-season—but I do look forward to Thanksgiving.

Perhaps the turkey-tired have had only *bad* turkey, tough and tasteless. By its very nature, this big, lean bird hovers on the brink of blah. It's easy to dry it out.

Here are two things you can do to keep it moist. First, consider brining your bird: four to six hours in a solution of two cups salt, two gallons water. Use a big stockpot if you have one, otherwise a clean bucket, and keep the brining bird in the fridge. Be sure you use a regular turkey, nothing "self-basting."

Brining works wonders to keep the meat juicy. It's a big pain in the rear, but so is cooking a turkey at all. I think the extra step is worth it.

Also, don't overcook it. This sounds obvious, but it's not: If you follow U.S.D.A. guidelines, your turkey will be overcooked every time. Yet roasting it to a lower temperature does not necessarily compromise your safety.

The U.S.D.A. recommends cooking thigh meat to an internal temperature of 180 to 185 degrees; breast meat, to 170 degrees.

But the excellent magazine *Cook's Illustrated*

points out that salmonella and campylobacter are killed at 160 degrees. Turkey tastes best, says *Cook's Illustrated*, when the breast reaches 165 degrees and the legs 170 to 175. I agree.

If you're concerned about food safety, mind your stuffing instead. Stuffing cooked inside the bird doesn't always reach its safe temperature of 165 degrees, even when the rest of the turkey is overcooked. Cook it in a separate pan instead. It will taste just fine, and get a nice crust to boot.

### Turkey tidbits

In a previous issue, I mentioned the world's biggest pumpkin, which tipped the scales at 1,458 pounds before succumbing to pumpkin rot.

This time, I can't resist trotting out another statistic: the weight of the world's biggest turkey. According to the University of Illinois Extension, honors go to a bird that reached 86 pounds before succumbing to...well, Thanksgiving dinner or something. I'm not really sure.

Still, it's amazing, the stuff you can learn on the Internet. Here are some more turkey facts with the University of Illinois Extension's imprimatur:

- Turkeys used to be seen as cunning, in a good way. Ben Franklin thought the turkey was a "bird of courage" and a suitable candidate for our national bird. By contrast, the bald eagle, he wrote his daughter, is "a bird of bad moral character."

- There are probably still some wily wild turkeys running around, but today's domestic turkeys are pretty dopey. Turkeys have been known to drown in the rain—really. Turkeys will sometimes stand in the rain with their beaks pointed skyward, while rain pools in their nostrils. Talk about "duh."

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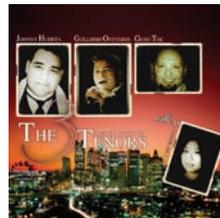
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## Tenors bring charismatic, moving twist to pop music

In the spirit of performers like Josh Groban, *Le Grandi Voci—The Three International Tenors* join the revival of integrating operatic voices into pop culture with stirring renditions of some of the most memorable songs ever written.

Check off names on your holiday gift list with a special ticket offer for the performance, which is part of TCA's newest music series: "The Hits@TCA."



Through Thanksgiving Day (Nov. 22) purchase a \$30 ticket to the 7:30 p.m., Dec. 7 performance for \$20. Use Promo Code: Tenor.

Then, sit back and enjoy unforgettable songs, including *Time To Say Goodbye*, *Ave Maria* and *Nessun dorma*, along with a very special appearance from Korean soprano, Michele Oh. The show is comprised of multiple genres, Opera, Musical Theatre and Pop Opera.

Tickets are \$20, \$25 and \$30, not including service and convenience fees. Students can receive \$5 off.



Grant Ferguson



Bob Ravenscroft



The Sugar Thieves



Bully Mammoth



Tempe Comedy Series

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Nov. 17 – Tempe City Limits: Grant Ferguson & Carole Pellatt  
 Nov. 20 – Performance with a View: Anne Kopta voice students  
 Nov. 23 – Tempe Comedy Series: Kevin O'Dea's Comedy Circus  
 Nov. 25-Dec. 23 – Childsplay: *Junie B. in Jingle Bells, Batman Smells!*  
 Nov. 30 – Tempe Comedy Series: Improv Night at TCA  
 Nov. 30 – Songwriters' Showcase VIII with The Sugar Thieves  
 Dec. 1 – Songwriters' Showcase VIII with Obadiah Parker  
 Dec. 7 – Bully Mammoth: *Baah Schurmbug*  
 Dec. 7 – The Hits @TCA: *Le Grandi Voci - The Three International Tenors*  
 Dec. 14-15 – Class Clowns Comedy  
 Dec. 11 – Performance with a View: Pan Devils Steel Band  
 Dec. 21 – Lakeshore Jazz Series: Bob Ravenscroft Christmas Concert  
 Dec. 31 – Save the Family's "Hearts of Gold New Year's Eve Celebration"

Schedule is subject to change ~ updates: [www.tempe.gov/TCAEvents](http://www.tempe.gov/TCAEvents)

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## A summit for parents Education starts at birth, so get that young brain to work early, says expert



Kyrene parent Kori Gross, shown here with her two youngest daughters, found that the Parent Summit had something for everyone in her family that includes three children, ages 5, 8 and 14.

### Story & photo by Sally Mesarosh

Preparing a child for school doesn't start at age three, or five or seven. Ideally, it begins at birth. That's only one of the messages parents learned at a recent Parent Summit, held at Kyrene Middle School.

The session covered a wide range of subjects, such as early childhood brain science, Internet safety, middle school preparation and teen drug trends, among others.

Kyrene Superintendent David Schauer, Ed.D., spoke to the approximately 150 parents and students who gathered for a quick dinner before the parents headed off to information sessions focused on particular issues.

"We are living in a complicated world with huge challenges," Schauer said. "We need all the help we can get."

At the "Getting the Brain Ready for Kindergarten" session, Conrad Lindo from First Things First provided resources and information for parents. (First Things First is a statewide program funded by a voter-enacted tobacco tax that supports the development, health and early education of Arizona's children birth through age five).

Lindo informed parents that 90 percent of a child's critical brain development happens by age 5. In the first few years of life, every second produces 700 new neural connections.

"That's why it's so important to

engage your child in learning at any opportunity," Lindo said.

"The stakes are increasingly high for your children, especially now. By third grade, they must be reading at grade level."

Lindo said babies and young children need stimulation to develop socially, emotionally and intellectually.

Practical suggestions for busy parents of children under age 5 from First Things First include:

- Become an advocate for play. Play provides a strong foundation for intellectual growth, creativity and problem solving.
- Provide the resources for stimulating play. Not just toys, but varied objects.
- Join in the fun, but let your child take the lead.
- Encourage children to use their imagination.
- Provide frequent invitations to engage with adults. This "serve and return" process is fundamental to the wiring of the brain, especially in the early years.

Activities like these will help a child start school ready to learn, making it more likely he or she will be able to read at grade level by third grade. Studies show that if children can read by third grade, it's more likely they will graduate from high school and go on to higher education.

Kyrene parent Veronica Acheampong

— SUMMIT, Page 27

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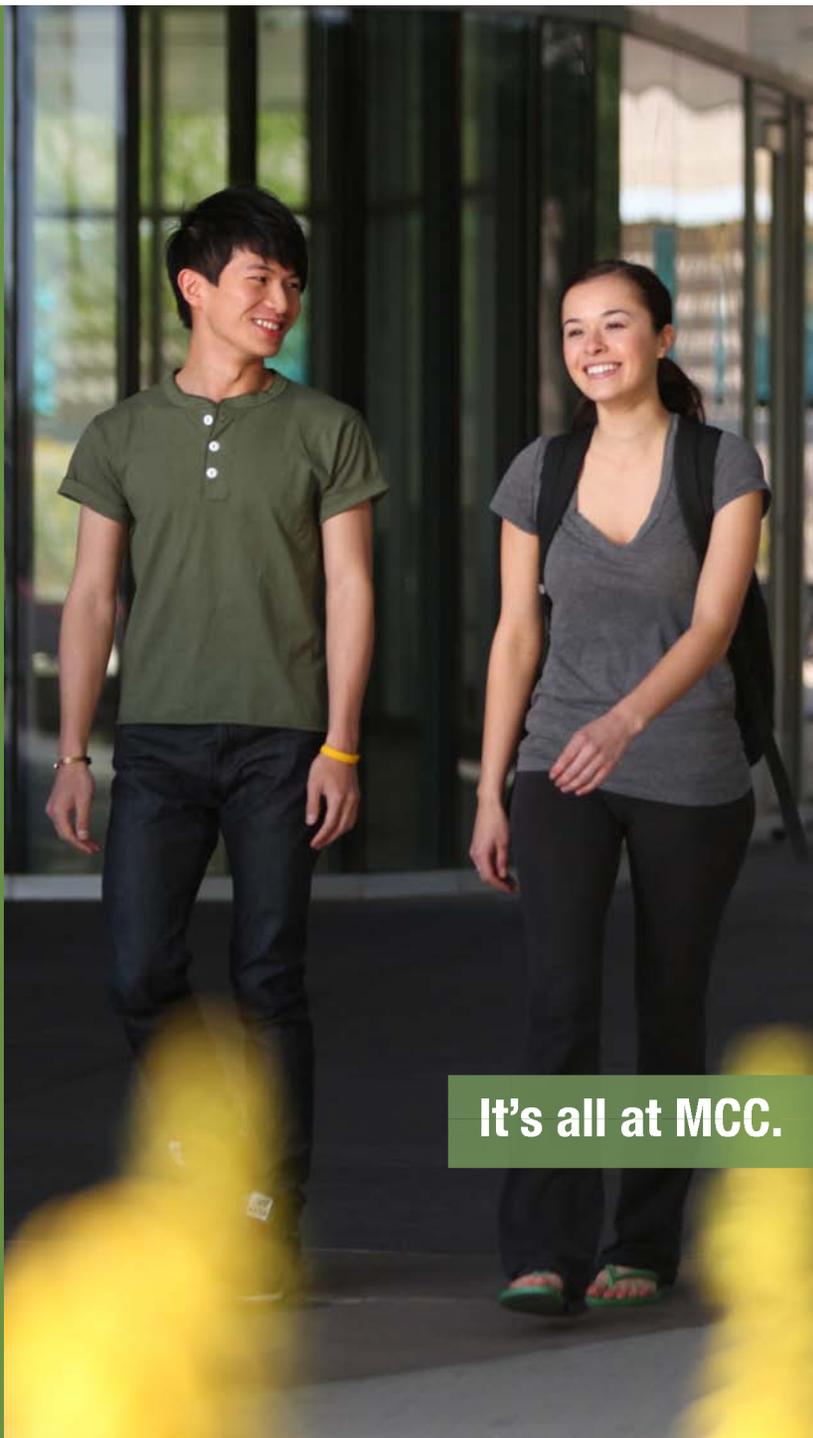
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## Brisas, Aprende scholars warm up the holidays

For the second year in a row, students from the Kyrene de las Brisas chapter of National Elementary Honor Society and the Aprende Middle School chapter of National Junior Honor Society will collaborate to create cozy fleece blankets for holiday giving to critically ill children.

Families from both schools will pitch in by donating fleece for the project. The students will donate their time to cut and tie blankets from 8 to 11 a.m. Saturday, Dec. 1 at Aprende.

Finished blankets will be delivered to Phoenix Children's Hospital, which will distribute the gifts to its critical-care patients and their siblings.

The blankets offer a source of comfort, love and warmth, much like a hug, according to Aprende teacher Amy Furman, who oversees the project with her students.

Hospital stays and clinic appointments can be scary and unwelcoming; a simple gift of a blanket can provide a sense of security and a much-needed distraction, said Furman. Last year's project produced more than 300 blankets for the intensive care and oncology departments at PCH, according to Furman. The effort received national recognition as one of the 2012 Outstanding Service Project award winners by the National Association of Secondary School Principals.

## 'Run from the Cops' But it's all for a good cause

Tempe residents and runners get a chance to interact with their men and women in blue—and to support their local police department—by taking part in an inaugural Tempe Run from the Cops on Saturday, Dec. 1, at Tempe Town Lake and the Arts Park.

The city of Tempe and Tempe Police Foundation are providing a unique opportunity for this match-up of stamina and enthusiasm when the 5K, chip-timed, single-loop run gets under way around the lake at 9 a.m.

Advance registration is \$25, which includes a commemorative Run from the Cops t-shirt (\$40 day of event).

Packet pick-up and registration begin at 7 a.m.

Activities include an event expo with police vehicles, including a SWAT armored vehicle, police motorcycle, squad car and command van.

There's also a free 1/2K "Fuzz Run" for children 10 and under beginning at 8:30 a.m.

Event proceeds will benefit the Tempe Police Foundation, a nonprofit organization established to support the department's services and programs by offering increased community support through tax exempt donations to supplement budget allocations.

Past beneficiaries of the group's efforts have included the K9 Unit, departmental training programs and the families of fallen or injured officers. "The Tempe Police Foundation is one more way that our community can support the men and women who dedicate themselves every day to keeping the families in our community safe," said foundation president and former assistant police chief Laura Forbes.

Online registration: [www.tempecopsrun.com](http://www.tempecopsrun.com). Foundation information: [www.tempepolicefoundation.org](http://www.tempepolicefoundation.org).



Corona's girls soccer team, with 16 returning players, including nine seniors and starters from last season, is ready to get the new season under way and to show other Division I teams what they are made of. Team includes, from left, bottom row: Kelsey Cartwright, Margaux Loire, Stephanie Petre, Madeleine Caldwell, Olivia Montoya, Paige Monroe, Armareza Garcia, Jen Carty, Zoe Martinez; top row: Isabelle Cartagena, Lexi Reynosa, Bridget Manning, Maddie Wolf, Emily Matthews, Taylour Rohme, Liz Cheney, Mikaela Wolf, Kate Halligan, Victoria Haun and Hannah Rowe. Not shown: Lexi Bounds, Alexi Romano.

— Photo courtesy Kris Cartwright

## Notebook

From Page 7

Medley Relay along with **Amy Hong** and **Myah Kamani**.

The boys team had two relays compete at the state meet both finishing in 12th place. **Ryan Riley**, **Brandon Haws**, **Chris Tate** and **Rick Riley** swam the 200 Freestyle relay for the Aztecs while **Matt Hurst**, **Trace Langley**, **Ryan Riley** and **Nick Quon** swam in the 400 Freestyle Relay.

Nick Quon also swam for 12th place in the 100 Backstroke and 18th in the 200 IM while Tate was 23rd in the 100 Fly and Ryan Riley was 24th in the 50 Freestyle.

Hurst, who also qualified for two individual events at the state meet, placed 26th in the 500 Freestyle and 30th in the 200 Freestyle.

**High School Boys Rugby** — The Tempe Rugby Club, 2010 and 2011 Arizona High School State Champions, begin practice for the 2013 season on Tuesday Nov. 27.

The club is welcoming new players. No experience is necessary.

The high school team is comprised of students in the 9th through 12th grades. Practices are twice a week from 5:45 to 8 p.m. at Tempe Diablo Park on the northeast corner of Roeser and 48th Street.

Contact James at 480-330-8324, Dave at 602-763-1899, or Scott at 602-763-5480 for more information.

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# Briefly . . .

## Unitarian congregation names new pastor

West Chandler's Valley Unitarian Universalist Congregation officially welcomed a new pastor, the Rev. Andy Burnette, during services Nov. 11. Burnette comes from Danville, Ind., where he was with the Unitarian Universalist Community Church of Hendricks County for five years. Before that, he served Nazarene congregations in Southern Indiana.

Burnette lives in Ahwatukee Foothills with his wife, Heather, and two children. The church is at 6400 W. Del Rio St. Information: [www.vuu.org](http://www.vuu.org)

## Holiday craft show at University Animal Hospital

University Animal Hospital's annual craft sale starts Friday, Nov. 23, the day after Thanksgiving, and runs through the holiday season until Sunday,

Dec. 30.

All proceeds go to the animal rescue organizations Island Dog and Mingus Manor.

On sale will be houseplants, succulents and cacti in stoneware planters; a variety of pottery such as dog and cat bowls, reptile houses, plates, cups, salad bowls and animal magnets; and jewelry by Eva Vichules and other ceramic artists.

University Animal Hospital, 2500 S. Hardy Drive, Tempe, is open daily, evenings and weekends during hospital hours.

Information: 480-968-9275.

## Saturday, Nov. 17 Cockayne Syndrome fundraiser

Desert Breeze Park will be the site of a Nov. 17 fund-raiser to help develop treatment for Cockayne Syndrome, for which no cure currently exists.

Five-year-old Derick Penney was diagnosed with

the disease in 2009.

Registration opens at 8:45 a.m., with the walk beginning at 9:30.

## Tempe street restrictions and detours

Now that the cooler weather is here, Tempe comes alive with special events and football games, which have impacts on traffic flows and bus routes. In addition, crews regularly work on repairing and improving streets and water lines.

That's why Tempe encourages residents and visitors to get up-to-date information about major street restrictions/closures and bus detours within Tempe. You can get information by:

- Signing up to receive emails at [www.tempe.gov/enews](http://www.tempe.gov/enews)
- Following Tempe on Twitter or Facebook
- Checking Tempe's Web site at [www.tempe.gov/streetclosures](http://www.tempe.gov/streetclosures)

Before you head out the door, plan ahead by checking these resources and you can get where you're going faster and easier.

### Thanksgiving Menu

*-The Main Event-*  
**Whole Fried Turkey\***  
 12-14 lb. Turkey (Serves up to 10) \$145.00  
 14-16 lb. Turkey (Serves up to 14) \$165.00  
 16-18 lb. Turkey (Serves up to 18) \$195.00

**Includes:**  
 Cornbread Stuffing  
 Traditional Sage Gravy  
 Cranberry-Orange Relish  
 Fresh Baked Rolls & Butter

*-Sides-*  
**Choice of 2 (two)**  
 Candy Yams w/ Pecans & Marshmallows  
 Roasted Root Vegetables w/ Garden Herbs  
 Garlic Mashed Potatoes  
 Creamed Spinach  
 Honey Glazed Carrots  
 Sautéed Green Beans

*-Desserts-*  
**Choice of 1 (one)**  
 Sweet Potato Pie  
 Bourbon Pecan Pie

*-A La Carte-*  
 Half Spiral Cut Ham (Serves up to 15) \$60.00  
 12-14 lb. Whole Fried Turkey (Serves up to 10) \$45.00  
 Oven Roasted Turkey Breast (2-3 lb.) \$22.00  
 Additional Sides \$2.75 per person

*-Sweet Tooth-*  
 German Chocolate Cake \$25.00  
 Peach Cobbler \$20.00  
 Sweet Potato Pie \$10.00  
 Bourbon Pecan Pie \$18.00

**Orders must be received no later than Monday,  
November 19<sup>th</sup>, 2012**

\*Turkey is Fried in Peanut Oil





## PLANNING A HOLIDAY PARTY?

### Christmas Menu

*-The Main Event-*  
**Serves up to 10**  
 10 lb. Prime Rib w/ Horseradish Cream \$255.00  
 Pork Crown Rib Roast \$179.00

**Includes:**  
 Pear & Walnut Salad w/ Pear Vinaigrette  
 Brown Mushroom Gravy  
 Or  
 Cranberry-Apple Relish  
 Fresh Baked Rolls & Butter

*-Sides-*  
**Choice of 3 (three)**  
 Sweet Potato Casserole w/ Pecans  
 Garlic Mashed Potatoes  
 Smoked Gouda Baked Grits  
 Creamed Spinach  
 Honey Glazed Carrots  
 Cauliflower Mash  
 Garlic Roasted Brussels Sprouts w/ Lemon Zest

*-Desserts-*  
**Choice of 1 (one)**  
 Sweet Potato Pie  
 Bourbon Pecan Pie

*-A La Carte-*  
 Half Spiral Cut Ham (Serves up to 15) \$60.00  
 Oven Roasted Turkey Breast (2-3 lb.) \$22.00  
 Additional Sides \$2.75 per person

*-Sweet Tooth-*  
 Chocolate Peppermint Cake \$25.00  
 Peach Cobbler \$20.00  
 Sweet Potato Pie \$10.00  
 Bourbon Pecan Pie \$18.00

**Orders must be received no later than Thursday,  
December 20<sup>th</sup>, 2012**



### New Year's Menu

*-The Main Event-*  
**Lyna's Signature Gumbo**  
 Crab Legs, Sausage, Chicken & Shrimp  
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## Homeless

From Page 3

and tutoring as well as donated boxes of clothes, hygiene products and canned goods from the Kyrene Family Resource Center, 1330 E. Dava Drive, on the campus of Kyrene de los Niños School.

Hamm agrees that two trends are largely responsible for the rise in homelessness over the past 15-20 years: a growing shortage of affordable rental housing and mounting rates of poverty, due to an increase in low-wage jobs.

In the Valley, the high rate of unemployment compounds the problem.

For families in the Kyrene district, Thanksgiving will be brighter due to

support from "The Real Gift Foundation," whose members will provide 250 food and hygiene boxes to needy families.

The mission and purpose of foundation is to "provide the necessary aid and assistance to children of homeless Arizona families so that they may better handle the challenges their lives bring and to give them the ability to face the future with hope, anticipation and optimism."

For more information visit the organization's website at [www.therealgift.org](http://www.therealgift.org)

To learn more about the Kyrene Family Resource Center, call 480-541-1520 or visit [www.kyrenefoundation.org](http://www.kyrenefoundation.org)

Hamm says that, in anticipation of increased holiday services, food donations, particularly canned meat or canned fruit, are being encouraged.

## \$60k grant to tighten seat belt enforcement

The Chandler Police Department's traffic unit has received a \$60,000 grant from the Governor's Office of Highway Safety to encourage seatbelt use and step up existing measures to minimize accidents.

The allocation, which runs through September, funds additional enforcement of moving violations—including speeding, red light running

and failing to yield properly on a left turn—that police say contribute to serious injury and fatal collisions.

Officers participating in the grant focus solely on traffic enforcement and are specially trained in collision investigations.

The enforcement measures will occur at various locations throughout the city, according to Det. Seth Tyler.

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[tempe.gov/kidzone](http://tempe.gov/kidzone)

# High school dropout effort is yielding results, say officials

Becoming a parent at a young age doesn't necessarily mean dropping out of high school, and the Tempe Union High School District's Adolescent Pregnancy and Parenting Program appears to be proving the point.

In fact, say representatives of the district's non profit Educational Foundation, 933 students were prevented from dropping out or have returned to school in the past five years to earn their high school diploma as a result of the program.

However, despite contributions from Tempe Diablos and other community businesses and organizations when the program's funds were cut in June, an effort has been launched to seek additional support.

It's vital, say district officials, to keep services and educational opportunities available to the 140 students currently enrolled.

The program, based at Compadre Academy, offers young parents and parents-to-be, both male and female, a supportive and safe environment.

Students may take pregnancy or

parenting classes for elective credits and learn how to care for their babies. They may also check on their babies between classes when the children are in the onsite childcare.

For information about contributing, email Dianne Welling, coordinator of business partnerships, [dwelling@tempeunion.org](mailto:dwelling@tempeunion.org).

## Backpacks benefit 250 kids

More than 250 underprivileged kids received backpacks full of supplies during a back-to-school event held at the headquarters of Improving Chandler Area Neighborhoods, or ICAN, a community-based services program.

An annual luau-themed event followed the drive, during which ICAN partnered with area companies and organizations, including the Chandler Compadres.

The luau also commemorated ICAN's move to a new 21,000-square-foot facility.

To volunteer: 480-874-7578.



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# Diversions

with M.V. Moorhead

It's understandable if, after endless months of venomous, bitterly divisive politics, you aren't particularly in the mood for a movie about a venomous, bitterly divisive period in American politics.

But it would be a shame if political burnout kept audiences away from *Lincoln*, Steven Spielberg's amazing movie built around the performance of Daniel Day-Lewis as our 16<sup>th</sup> president.

Honest Abe has been irresistible to moviemakers for more than a century, depicted sometimes reverently, as in D.W. Griffith's *Abraham Lincoln* (1930), *Young Mr. Lincoln* (1939) or *Abe Lincoln in Illinois* (1940), and sometimes irreverently, as in *Bill & Ted's Excellent Adventure* (1989) or this year's *Abraham Lincoln, Vampire Hunter*.

Lincoln's achievements in office, his unassuming manner and his tragic end have, in the movies, generally resulted in one extreme or the other—either he's a secular folk saint, or else he brings out the urge to spoof.

There was TV miniseries called *Lincoln* back in the '80s, based on Gore Vidal's book and with Sam Waterston as Abe, that made some effort to delve into the man's psychology, but as I recall it was pretty slow going.

Spielberg's film takes its time, too, and it's pictorially beautiful. The cinematographer, Janusz Kaminski, infuses his compositions with a muted radiance that still seems realistic and immediate—the whole movie feels like a spring thaw.

Yet it's no iconic hagiography, and the unhurried pace that Spielberg sets gives the story a rising hum of dramatic energy. It's not a tour of wax-museum tableaux from the man's life. Surprisingly, and to the movie's benefit, it's a story of nuts-and-bolts politics: the seemingly insoluble legislative wrangle to pass the 13<sup>th</sup> Amendment to the Constitution, ending slavery in the United States.

The script, by Tony Kushner, is partly adapted from Doris Kearns Goodwin's 2005 book *Team of Rivals: The Political Genius of Abraham Lincoln*.

The title suggests the difference in the new film's approach. Political genius isn't the first thing we associate with Lincoln. Yet the movie suggests that it was skill—at strategy, at marshalling favors and muzzling enemies, and at navigating the moral ambivalence of deep compromise—that, paradoxically, led him to accomplishments of moral grandeur.

Spielberg is at the top of his form here. I think film critics and buffs have, in a sense, underrated him for years. After his initial great success with *Jaws*, *Close*

*Encounters* and *E.T.*, he made some really terrible movies in the late '80s and early '90s—pushy, cloying, evasive stuff like *Hook* and *Always*—and many viewers naturally assumed that he was just going to be a sentiment-peddler forever.

Some of those assumptions, I think, didn't take into account that Spielberg's films in the '90s and early 2000s, though frequently uneven in terms of script or casting, were stunningly directed. *Amistad* and *Munich* and *Saving Private Ryan* and *War of the Worlds* were all flawed, but they were the often-mesmerizing work of a master filmmaker—indeed, of a master filmmaker who had rediscovered and deepened his art.

We see this again in *Lincoln*, from the first images—of a horrifyingly bloody and brutal Civil War battle—to the first few lines of dialogue, as Lincoln converses with two black Union soldiers of very different temperament, and then with two awestruck white soldiers.

There's a weird and complex play of symmetry and conflicted agenda and formality and off-handedness, all presented with an effortlessness of revelation, that few other directors could have managed, or would even have thought to attempt.

What allows Spielberg to maintain this level of mastery through all that follows is the script.

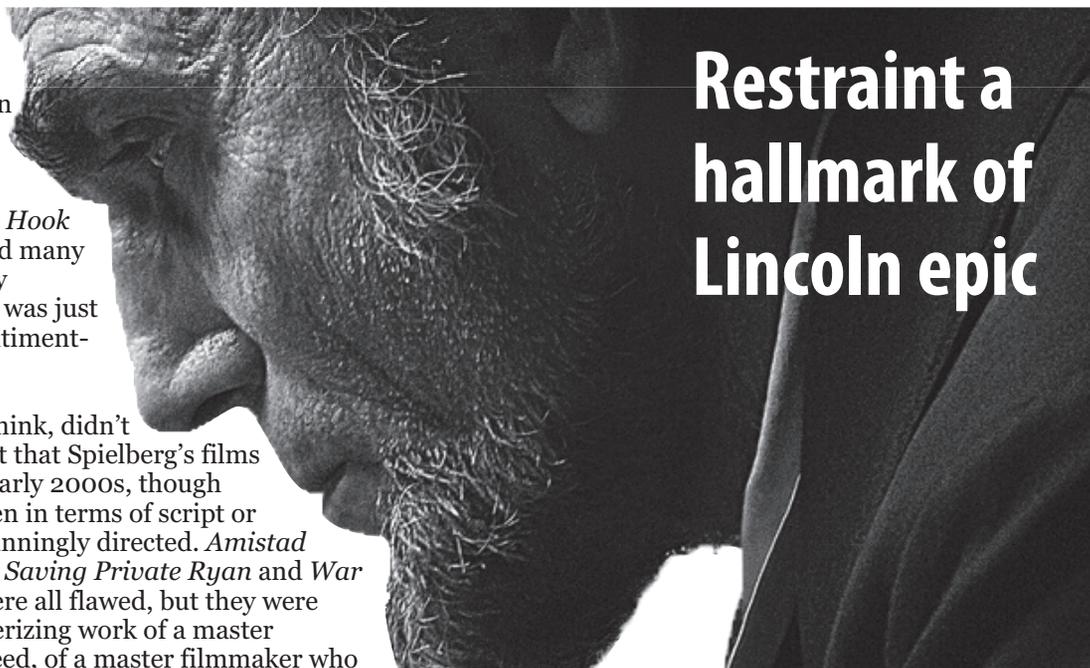
Kushner, who wrote the magnificent *Angels in America* plays, is one of the few contemporary dramatists both capable and unafraid of high-flown language, and the 19<sup>th</sup> Century idiom allows him to cut loose in his regard without sounding overly stylized.

Yet for all of Spielberg's and Kushner's brilliance, and for all the splendors of Kaminski's camera,

what makes *Lincoln* unique is Daniel Day-Lewis.

Like the movie, his Lincoln will not suit all tastes, but for me, it's one of the great performances in, maybe, the history of movies. It's up there with Falconetti as Joan of Arc and Brando in *The Godfather*, and nobody but Day-Lewis could have given it.

A number of people I've talked to have been put off



## Restraint a hallmark of Lincoln epic

by the voice he uses—a thin, soft, upper-register drawl instead of a stentorian baritone.

This is thought to be historically accurate, I believe, but it also works in the context of the character as Spielberg, Kushner and Day-Lewis conceive him.

The movie operates on the premise that Lincoln was a compulsive raconteur. Again and again throughout the film, he stops, chuckles to himself, and starts a folksy, self-deprecating anecdote, and everyone in the room, even his friends and allies, look miserable as they sit there and wait for the punchline.

This recurring gag, and the voice, connect to the idea that as a speaker Lincoln preferred quiet eloquence to thundering oratory, and as a leader preferred gentle persuasion to conquest.

Day-Lewis doesn't give the only fine performance in the film.

Sally Field strikes the right strained yet sympathetic note as Mary Todd Lincoln; Joseph Gordon-Levitt is moving as Robert Lincoln; and Tommy Lee Jones lets it rip as radical Republican abolitionist Thaddeus Stevens.

Less flashy than Jones but just as essential to the movie is David Strathairn as Seward. And then there's Bruce McGill as Stanton, and Jared Harris as Grant, and Jackie Earle Haley as Alexander Stephens and Gloria Reuben as Elizabeth Keckley and Hal Holbrook as Preston Blair and James Spader, John Hawkes and Tim Blake Nelson as three comically shady political operatives, among many other creditable turns.

*Lincoln* is, ultimately—and perhaps to its commercial peril—a movie of remarkable restraint. Spielberg, Kushner and Day-Lewis eschew almost every opportunity for melodrama. Even the score, by John Williams, keeps its voice down.

Yet the cumulative effect of this low-key movie is, at least for one viewer, overwhelming.



# Stuffing your Turkey Day with some DVDs? Try these tasty treats

By M.V. Moorhead

There are countless well-loved Christmas movies, but Thanksgiving movies are a rarity. I'm not much of a fan of 1995's *Home for the Holidays*, but I often steer people toward *What's Cooking?* (2000), Gurinder Chadha's delightful, too-little-known multi-cultural Turkey Day comedy.

In case you've already seen it, though, here are a few more Thanksgiving titles:

**Hannah and Her Sisters:** Possibly Woody Allen's best film, this 1986 tale of the inter-marital affairs and career and religious crises of a Manhattan show-business family begins with a Thanksgiving dinner and ends with another one.

Mia Farrow, Michael Caine, Dianne Wiest, Barbara Hershey, Julie Kavner, Max Von Sydow and Allen himself, among many others, are at their best here.

**Planes, Trains and Automobiles:** For many people in the mobile American society, part of the lore of Thanksgiving is simply the struggle of traveling home in time to celebrate it.

This challenging odyssey seems to have especially captivated the

imagination of the late John Hughes, who had a hand in two films about it. He wrote and directed this episodic 1987 comedy, in which upper-middle-class executive Steve Martin, trying frantically to get from New York to Chicago in time for dinner with his family, finds himself forced to travel with buffoonish salesman John Candy.

The gags are uneven, but the great Candy is lovable as ever, and Martin makes a fine straight man for him.

**Dutch:** Hughes also wrote the script for this 1991 comedy, directed by Peter Faiman. It's also about a road trip home; Ed O'Neill plays the working-class title character, who's pressed into service driving the snotty private-school son (Ethan Embry) of his girlfriend (Jobeth Williams) from Georgia home to Chicago for the holiday.

Wacky adventures ensue.

**A Charlie Brown Thanksgiving:** Kids will enjoy this half-hour Peanuts special from 1973, and you probably will too.

I especially like Vince Guaraldi's funky song "Little Birdie," which accompanies Snoopy and Woodstock setting up for dinner. It's a little disturbing, though, to see Woodstock eating turkey at the end of the show...

## Happenings

### 'Junie' in December

*Junie B. Jones in Jingle Bells, Batman Smells!* is the treat being offered this holiday season by Childsplay! Group packages are now on sale.

Performances will be weekends at 1 and 4 p.m. Dec. 1 to 23 at Tempe Center for the Arts.

Group tickets are available.

### 'Father of the Bride' at Marcos

Marcos de Niza theater arts students present *Father of the Bride*, directed by Patrick McChesney, at 7 p.m. Friday, Nov. 16, and Saturday, Nov. 17.

The cast features Marcos seniors who have been acting, singing and dancing all four years on the high school stage and in community chorus and theater.

Tickets, \$10 for adults, \$5 for students and senior citizens, are available at the school bookstore 30 minutes prior to performance times.

The school is at 6000 S. Lakeshore Drive, Tempe.

Information: Koy Mangan, 480-921-5763 or kmangan@childsplayaz.org.

### 'Foodraiser' benefit concert Nov. 17

Classical Revolution PHX and Tempe History Museum will present a free concert and "foodraiser," at the same time collecting food and funds for those in need.

The program will be at 7 p.m. Saturday, Nov. 17 at the museum, 809 E. Southern Ave.

The music part of the event features performances by string-playing students from Arizona School of the Arts and the ASU Herberger String Quartet.

The menu component features homemade bake-sale items available for purchase.

Guests are asked to bring non-perishable food donations. In the spirit of Thanksgiving, donated food and other proceeds will be distributed by Tempe Community Action Agency, Tempe Community Council, Salvation Army, Urban Outreach and Tumbleweed.

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*Chandler Regional aiming toward solutions*

## 'Crisis point' looms as obesity predicted to surge by 2032

By Alison Stanton

Spend just a few minutes researching obesity statistics, and it's easy to see why so many health professionals are alarmed about the number of people who are overweight or obese.

For example, according to a new report from the Trust for America's Health and Robert Wood Johnson Foundation, by 2030, 58.8 percent of adults in Arizona are predicted to be obese.

The report also discusses the health issues that can result from these statistics. For example, if people throughout Arizona don't do anything to change their current rate of gaining weight by 2032, obesity could contribute to more than 725,000 new cases of type 2 diabetes, more than 1.5 million new cases of coronary heart disease and stroke, and more than 1.4 million new cases of hypertension.

Kathleen Dowler, director of community integration at Chandler Regional Medical Center, is well-aware of the grim statistics and predictions regarding obesity.

What she finds to be ironic, she said, is that many of the studies and reports imply that obesity is just now becoming a problem throughout Arizona.

"In reality, we have had this problem for some time; now it's just getting worse," she said.

"The statistics show that there is an increase in obesity in our society, but it has been that way for a while."

Now that obesity is reaching what Dowler refers to as a "crisis point," she said it is finally becoming a topic that is being regarded more seriously.

"We as a society and as health care professionals need to more aggressively and efficiently address the causes and the risk factors of obesity as a means to lower these rates. We also need to provide more resources in order to do this."

People become obese for a variety of reasons, Dowler said, including eating more unhealthy foods full of empty calories, a lack of physical activity, socioeconomic status and social trends like the marketing of fast food.

"We are not just eating fresh food

**'People need confidence in order to have success, and having family support can help give them the self-esteem they need to do this. Plus, if the family is working together on a healthy diet and fitness program, it will be healthier for everyone and easier to keep consistent with the new routines.'**

— Kathleen Dowler

anymore but food that is processed and packed with hormones, sugar and chemicals. A lot of this is because of convenience—before, people would go to the store and get fresh food, but now so much of it is packaged and processed because it is so quick and easy but not necessarily nutritious."

While very few people choose to become obese, Dowler said, when they decide to lose the weight, it is important that they do so under medical supervision.

"They should work with a doctor or a nutritionist—someone who is a medical expert," she said.

"There may be physical or medical reasons why the person is obese and a doctor can help rule those out. The doctor can also order lab work to make sure the person is healthy, and if other issues like high blood pressure or diabetes are discovered, they can come up with a plan that is appropriate for the patient."

Another key aspect to successfully losing weight, Dowler said, is having support from friends and family.

"People need confidence in order to have success, and having family support can help give them the self-esteem they need to do this. Plus, if the family is working together on a healthy diet and fitness program, it will be healthier for everyone and easier to keep consistent with the new routines."



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Although a person may need to shed a significant number of pounds in order to lower his or her Body Mass Index score to a normal weight, Dowler said people should not let this discourage them from getting started. Even relatively small amounts of weight loss can have a positive impact on overall health, she said.

"Pick shorter, smaller goals, like maybe 10 pounds at a time. Then reward yourself when you make them," she said.

"I've seen people who have lost 10 or 15 pounds and were able to cut back on or go off of their blood pressure medications. Or people with type 2 diabetes who lost a small amount of weight and were able to switch from insulin shots to oral medication or maybe none at all."

While Dowler said doctors historically have not always addressed the topic of obesity with their patients, due in part to not having enough training or resources, the physicians at Chandler Regional Medical Center are attempting to address the issue more efficiently.

"We have registered dietitians who see patients, and if we have patients who come in with diabetes or heart disease, they can speak with the dietitians, who will also provide outpatient appointments for them. They can come back and see them, and the dietitians can help them with a plan."

A coming redesign of Chandler Regional's website will also result in more information on weight loss being available 24 hours a day, Dowler said.

For people who are ready to lose weight, Dowler said they need to remember that they did not gain it all overnight, so they need to be patient about how quickly they can lose it.

"It is not a competition; it is a self-journey to a happier, more enriching life."



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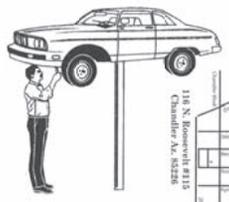
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# City of Tempe Page

November - December, 2012



## Tempe is the place to be this holiday season

### Unique holiday gifts

Arizona's finest art and craft show and a Valley tradition for 44 years, the Fall Tempe Festival of the Arts will welcome nearly 400 artisans and more than 200,000 visitors during its fall run on Mill Avenue in downtown Tempe.

The festival will be Nov. 30 to Dec. 2, from 10 a.m. to 5 p.m. daily. Admission is free.

Attendees can enjoy live entertainment, kids' activities, street entertainers, great food and wine and microbrewery specialties.

Visit the festival information booth at Fifth Street and Mill Avenue for a complete vendor listing and festival map.

For more information, visit [www.tempefestivalofthearts.com](http://www.tempefestivalofthearts.com)



## Festive vessels show off season's finery

**L**ight up the night and be dazzled at the Valley's most unique holiday event: the Fantasy of Lights Boat Parade Presented by SRP at Tempe Town Lake.

Head to Tempe Beach Park, at Mill Avenue and Rio Salado Parkway, on Saturday, Dec. 8.

Admission is free for spectators. The event opens at 5 p.m., while Santa Claus arrives at 6 p.m. and the parade begins at

7 p.m. Begun in 1999, the Boat Parade will feature as many as 50 festively lit boats of all sizes.

After dark, more than 1,000 luminarias will illuminate the sidewalks and paths of Tempe Beach Park in a special display provided by Tempe South Rotary.

Fireworks will conclude the light-filled night.

For more information, visit [www.downtowntempe.com](http://www.downtowntempe.com) and click on Fantasy of Lights under the Events tab.

## Glittering holiday parade

**E**njoy the beauty of the season amid the lights of the Mill Avenue District at the 2012 Fantasy of Lights Opening Night Parade.

More than 50,000 people are expected to attend this free annual event, which starts at 6 p.m. on Saturday, Nov. 24.

The parade steps off at Third Street and Mill Avenue, and proceeds south to Seventh Street, ending at the Centerpoint Plaza, where a festively decorated tree awaits ceremonial lighting.

The parade includes as many as 40 units, including floats, balloons, clowns, marching bands, and the arrival of Santa Claus.

Following the parade, Santa takes a seat to hear gift requests and take photos.

Families, neighborhoods and groups are invited to enter the parade with floats, bands, marching units, equestrian units and other novelty marching units.

For more information, visit [www.downtowntempe.com](http://www.downtowntempe.com) and click on Fantasy of Lights under the Events tab.



## Tempe offers professional counseling

**F**or more than 25 years, Tempe residents have been able to seek help for everything from depression and grief to domestic violence and relationship problems by taking advantage of the city's counseling program.

Tempe employs licensed professional counselors and Master's level counselors for this confidential service.

Services are available for

individuals, couples and families who are not eligible for counseling through their health insurance or AHCCCS.

Fees are \$5 to \$40 per session based on family size and income.

The program's offices are on the second floor of the Tempe Public Library, 3500 S. Rural Rd.

For more information or to make an appointment, call Social Services at 480-350-5400.

## Chandler's AAA rating helped by long-term planning Data illustrate sound fiscal policies

Chandler's fiscal health remains strong, evidenced by the latest report from Fitch Ratings, a compilation of reports on creditworthiness by some of the nation's top ratings agencies.

The AAA rating was based largely on four positive factors, which Fitch said included what it called "the historic conservatism of the city's planning."

Specifically, the report identified as strengths:

Manageable debt levels with a capital plan that is heavily focused on infrastructure maintenance, supported by general fund reserves;

A well paid, highly skilled workforce concentrated in high tech manufacturing that contributes to low unemployment levels;

Two Intel expansion projects – one \$5.2 billion, one \$300 million – that are expected to add 1,450 high-paying

jobs;

A balanced fiscal 2013 operating budget that is based on conservative assumptions, and a near term focus on maintaining existing municipal facilities.

Said Mayor Jay Tibshraney:

"Our strong ratings are a reflection of Chandler's sound fiscal policies and the long-term planning that has been done to build a diverse workforce within the community.

The partnerships that have been developed between the city and our business community have led to new investments that will help ensure our continued economic growth for years to come."

The city currently has about \$439 million of General Obligation Bonds and \$47 million of Excise Tax Revenue Obligations outstanding.

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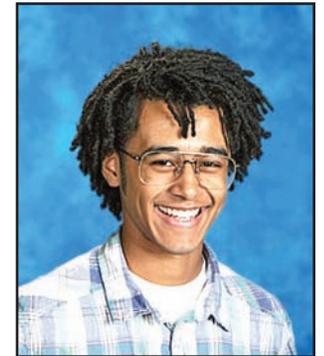
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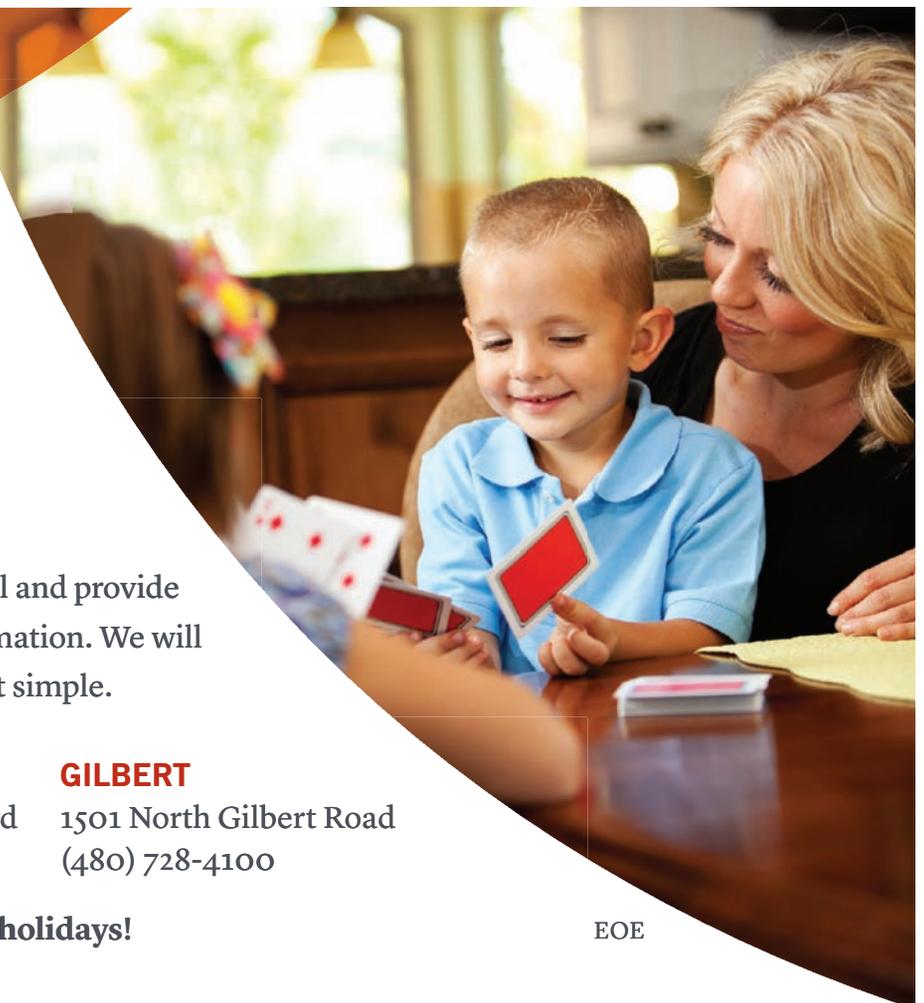
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# Summit

From Page 13

of Chandler found the session informative.

"He (Lindo) provided a lot of good resources," said Acheampong, whose children are ages 3 and 9.

"I just want to make sure I have all the tools I need."

That's exactly what Lindo wants to hear. Along with tips for healthy brain development, he provided links to information on where to turn if you suspect a child's development is

delayed.

"This is important for all Arizona parents," Lindo said.

"Parents are the first and best teachers for their children. Our job is to find support and advocate for them. By the time they are in kindergarten, we want them healthy and ready to learn."

More information on Building Better Brains can be found at <http://www.azttf.gov>.

Lindo recommended a special "Birth to Five Helpline," created and managed by Southwest Human Development. Call 1-877-705-KIDS, where child development specialists are available Monday-Friday, 8 a.m. - 8 p.m.



A crowd gathered for opening day at the new Rita's Ice Custard location in the Safeway shopping center at Elliot Road and McClintock Drive, Tempe. The area store, one of 625 that stretch across the U.S. from beginnings on the East Coast, features Italian ice and custard, a combination known as a gelati. Since the store's opening two months ago, owners Zach Cobian and Kyle Ulmer say business has been 'great.'

— Wrangler News photo

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## Don't Wait! Find Out Now!

Passing grades (even A's and B's) in elementary and middle school math do not guarantee that your child has the all-around mathematical knowledge necessary for success on the SAT, college placement tests, and life.

## Keep Your Child Engaged, No Matter What Their Knowledge Level

Our Quick Checkup can give you some insight into your child's current math abilities. When students can do these questions (at their grade level and below), mentally—without using pencil and paper—they are likely doing well. For students who can't handle these questions, this is a warning sign. Very often they need help outside of the classroom. Students who can do the questions at and above their grade level may need a more challenging experience. At Mathnasium, we help students catch up, stay up and get ahead.

## Making Math Make Sense.

"Mathnasium really adds up for our kids. They are loving it and the sum of all the hard work and focused discipline that Mathnasium offers... equates to a new interest in doing Math!"

— Parents of 8th and 5th grade students

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[www.mathnasium.com/chandler](http://www.mathnasium.com/chandler)

First Grade	$11 + 12 = \underline{\quad}$
Second Grade	$1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 + 10 = \underline{\quad}$
Third Grade	How much is 99 plus 99 plus 99?
Fourth Grade	Count by $1\frac{3}{4}$ from 0 to 7.
Fifth Grade	Which is greatest: $\frac{17}{18}$ , $\frac{23}{30}$ , or $\frac{18}{19}$ ? (Explain how you got your answer.)
Sixth Grade	Halfway through the second quarter, how much of the game is left?
Seventh Grade	How much is $6\frac{1}{2}\%$ of 250?
Pre-Algebra	On a certain map, 6 inches represents 25 miles. How many miles does 15 inches represent?
Algebra	When you take 3 away from twice a number, the answer is 8. What is the number?
Geometry	What is the Absolute Value of the point (3,4)?

For answers and explanations, visit  
[www.mathnasium.com/answers](http://www.mathnasium.com/answers)

**MATHNASIUM**<sup>®</sup>  
The Math Learning Center