



November 2010 Newsletter



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Upcoming Events

- ◆ **Nov. 24-26:** Thanksgiving Break
- ◆ **Nov. 20:** "Let's Go Play" activity at Kangaroo Zoo
- ◆ **Dec. 9-10:** Scholastic Book Fair
- ◆ **Dec. 17:** Last day of classes before Winter Break
- ◆ **Jan. 5:** Classes resume
- ◆ **Jan. 8:** Spaghetti dinner, at The Old Spaghetti Factory, 4:30-7:30 p.m.
- ◆ **Jan. 15:** "Let's Go Play" sledding activity
- ◆ **Jan. 22:** Winter cleanup, 9 a.m.-1 p.m.
- ◆ **Feb. 4:** Valentine's Dance, 6 p.m.

Message from the President

With November upon us, I have been reflecting on what I am grateful for this year.

A couple of years ago, I painted a tree on a canvas and started having my family write on leaves to place on the tree things they were grateful for. With my children still being young, their "thankful leaves" have brought mostly laughter, along with some tenderness.

As I stopped to write down my own leaves, one of the first things that came to my mind was my gratitude for being at CCNS. Recently, I have been blessed by caring individuals who offered support, love and compassion toward my little family and me. Your love has brought me to tears and reassured me that those of us who make up the community of CCNS truly care about one another.



So for this Thanksgiving, my "thankful leaves" will include CCNS. My life is much richer, fuller and enjoyable because of all of you. Thank you.

May your family enjoy a truly wonderful time of the year!

Andrea Frampton
CCNS president



Around Town

By Rosemary Quatralo

Grand America Holiday Festival



Nov. 26, 6:30-9 p.m.

Enjoy hot chocolate, snacks, and the annual tree lighting. Santa will be there. Also, tour a beautiful suite filled with donated teddy bears that will be distributed to local charities. Your kids might enjoy bringing a new teddy bear to donate. The International Children's Choir will perform. Stroll through the halls and see beautiful gingerbread houses designed by area chefs and pastry artists. There is no charge for the festival, but donations to the Juvenile Diabetes Research Foundation will be accepted. Our family went last year and had a great time.

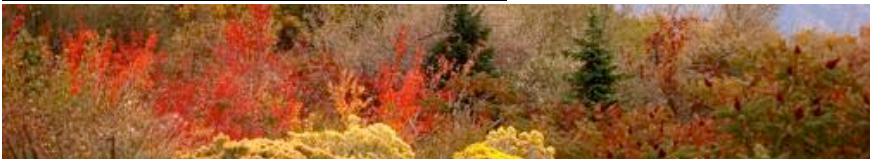
Festival of Trees



Dec. 1-4, 10 a.m.-10 p.m.

This is the annual fundraiser for Primary Children's Hospital. The festival features hundreds of trees, wreaths, and centerpieces on display. The Kids Corner includes many games, face painting and crafts. One hundred percent of the proceeds go directly to help patients in need. Ticket prices: \$5 adults, \$3 children ages 2-11; \$4 senior citizens. Wednesday is Family Day: \$15 for up to six immediate family members. Contact me (remq@netzero.com) for discount tickets.

Red Butte Garden Free Admission



Holiday Open House and Art Show, Dec. 4-5, 9 a.m.-5 p.m.

Free Christmas Carol Sing-Along



EnergySolutions Arena, Dec. 20th, 7 p.m.

Experience the sights and sounds of the season at this free event. This is your chance to sing all of your holiday favorites with friends and family.

Healthy Holiday Eating

By La Dayna Arellano

Looking for new ways to make your turkey, a side dish that won't bust your belt, or maybe something to snack on while you wait? Here are three recipes and an "extra" concoction for your Thanksgiving.

Turkey

- 1 (18-20 lbs.) whole turkey
 - 2 stalks celery (roughly chopped)
 - 2 carrots (roughly chopped)
 - 2 onions (cut into quarters)
 - 3-4 crushed garlic cloves
 - Extra virgin olive oil
1. Chop vegetables and place inside turkey. Lather your turkey with olive oil and slap the turkey!
 2. Place the turkey into your Reynolds plastic back bag (you may need two). Be sure to tie the end of the bag with the enclosed bag ties.
 3. Place into preheated 375-degree oven on the middle rack.
 4. Cook 13-15 minutes per pound.

Green onion mashed potatoes

(A ½-cup serving is only 87 calories!)

Serves 12

- 2 lbs. russet potatoes unpeeled and cut into chunks
 - ½ package (4oz) light cream cheese
 - 2/3 cup reduced sodium chicken broth
 - 2 tsps. Kosher salt
 - 2/3 cup chopped green onions
1. Cover potatoes with water in a large pot and boil until tender when pierced (about 20 minutes). Drain and return to pot.
 2. Mix potatoes with a hand mixer just to break them up. Add cheese, broth, salt and green onions and mix just until blended.

Stuffed mushrooms

- 1 lb. mushrooms
 - 3 slices bacon, chopped fine
 - 1/2 cup chopped onion
 - 1 clove garlic, finely chopped
 - 1 cup shredded mozzarella cheese
 - 1/2 cup soft breadcrumbs
 - 1/4 teaspoon oregano
 - 1/4 teaspoon salt
1. Remove stems from mushrooms and chop fine.
 2. Put bacon, stems, onion and garlic in a frying pan and sauté in small amount of butter or olive oil.
 3. Cook until onion is soft then drain.
 4. Stir in remaining ingredients.
 5. Stuff mushroom caps with this mixture.
 6. Bake on a cookie sheet at 375 degrees for 10 minutes.
- (Optional suggestion: Fry bacon and lightly sauté onion in bacon drippings)

Malibu and cranberry cocktail

(A little something for the cook; we deserve a special treat!)

- 6 ounces cranberry juice
 - 1 ounce Malibu rum
 - Ice
1. Fill glass with ice.
 2. Pour cranberry juice and Malibu into glass.
 3. Stir with straw or stirrer. Sip and enjoy.



Healthy Holiday Eating (continued)

Simple Sweet Potato Spice Cake

By Deanna Simonis



Sweet potatoes seem to make baked goods taste just a little bit richer and, of course, sweeter. They also act as a nice little vitamin boost in foods, such as the following spice cake, which otherwise might have limited nutritional value. The Center for Science in the Public Interest (CSPI) ranks the sweet potato as the best all-around vegetable in nutrition because of its high fiber content and high levels of naturally occurring protein, vitamins A and C, calcium, and iron. This spice cake recipe calls for two full cups of healthy sweet potato or squash, but the end result tastes anything but overly healthful. I generally make it without the frosting to decrease the sugar load, but the frosting adds significant pizzazz to the finished product. Either way, the kids eat it up.

Cake

3 cups whole wheat pastry flour or white all-purpose flour
 ¾ cup sugar
 1 tablespoon baking soda
 2 teaspoons cinnamon
 1 teaspoon ginger (optional)
 ½ teaspoon nutmeg (optional)
 ½ teaspoon salt
 2 cups baked sweet potato or pumpkin (or 1 15-ounce can)
 1 cup milk (soy, rice, almond or hemp)
 ¼ cup canola oil
 2 tablespoons white or apple cider vinegar
 2 teaspoons vanilla

Combine flour, sugar, baking soda, cinnamon, ginger, nutmeg and salt, and stir well. Add sweet potato or pumpkin (mash first with fork if using home-baked), milk, oil, vinegar and vanilla. Whisk (with a fork is fine) to form a smooth batter.

Pour batter into two lightly-oiled 8-inch pans (or one larger pan if you prefer a single-layer sheet-cake). Bake for 40 minutes, or until a toothpick inserted into the center comes out clean. Let the cake (or cakes) cool completely before frosting.

Frosting

½ cup vegan margarine
 3 cups powdered sugar
 Splash of milk (soy, rice, almond or hemp)
 1-2 teaspoons vanilla
 ½ cup chopped pecans (optional)
 ¼ cup shredded, toasted, unsweetened coconut (optional)

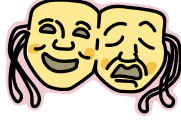
Frosting: you can use a beater for fluffier frosting, but a fork works fine. Mash or beat room-temperature margarine for a minute, then add powdered sugar, milk, and vanilla, and beat or mix until smooth.

Taking the Turkey Out of Thanksgiving

By Tracy Golden

Roast turkey is an American favorite that many cherish, especially on Thanksgiving. For those people who may be vegetarian, however, the traditional main course can pose a problem. Rather than try to “simulate” the turkey vegetarian style (think: tofu turkey loaf), why not go completely meatless with an array of delectable, alternative flavors that meat-eaters will love? Bon Appetit magazine offers one such alternative: a vegetarian recipe for Mushroom and Lentil Pot Pies with Gouda Biscuit Topping. The recipe can be found at this [link](#). Try it, and you may discover a new Thanksgiving tradition. Enjoy!

Children's Theater



By Wendy Wilde

Our children are surrounded, often bombarded, by media gratification. They know no other world than one of staccato-imaged, quickly edited, slogan-verbaged stories told between commercials. I'm not complaining. I am, however, hoping to convince you to expose your children to one of the last art forms in which you are forced, by the very construct of it, to sit and wait and watch the art being made right before you: Theater.

Theater is one of the few art forms left that challenges our patience, teaches us how to listen, and forces us to wait in a quiet darkened stillness for the experience to happen to us. It is one of the few art forms left in which you are in close proximity to live artists, and through your obligation to watch the artist, your reaction can affect their performance. The audience can join together, become one, from the story that is offered them, or theater can transpire into every individual's own history of experience and reaction. It is visceral and alive for both performer and audience.

We are fortunate to live in a city thriving with many local theaters that offer all kinds of theater experiences, from contemporary to American classics to the Bard. Supporting our local theater ensures that these institutions can produce quality and exciting theater year after year, thus adding greatly to our standard of living here in Salt Lake. Having a thriving theater scene also brings in Broadway and touring shows. Instilling a love of theater at an early age secures the future of this art form that is incomparable.

Here are some guidelines for taking kids to theater, as well as some productions produced solely for children this year:

Choose wisely: Children's theater is, obviously, a great place to start. Often, musicals are a wonderful choice and keep children's attention. If you see a piece of theater that moves you visually with a story within your child's grasp, take them to see it, regardless if it is adult theater.

Prepare your child for the piece of theater you are about to see: If it is a musical, play the music around the house. If it is a piece with a more complicated story, go over it with them, and tell them the main plotline by pointing out certain plot twists that they can look for (very helpful with Shakespeare).

Teach theater manners: Please, please, for the sake of everyone, teach your child good theater manners. Explain that it is out of respect to the performers, to their talent, preparation and livelihood, as well as the audience around them, that they must keep quiet and still. Let them know before the play begins that you will answer any questions at intermission or afterward, not during the performance. Also, explain that they may not leave the theater until intermission (emergencies excluded), even if they don't like it.

Always be prepared to leave at intermission if needed: Most productions are lengthy. Sometimes, the very spectacle and vitality of the first half of a show can be wonderful and magical and worth the ticket price to your child.

Salt Lake Acting Company's children's show this year is "If You Give a Mouse a Cookie." Based on the children's book by Laura Joffe Numeroff, the play follows a small boy who turns his house upside-down trying to please one hungry mouse. This play runs Dec. 1- 26. There is also a King's English story time with the cast reading the book on Nov. 27 at 11 a.m. Attending the story time and then seeing the play is a great way to introduce the very littlest ones to theater. Find out more at: www.saltlakeactingcompany.org

Youth Theater at the U., performing at Kingsbury Hall and the Egyptian Theater in Park City, will be showing "A Year with Frog and Toad" that will run Nov. 18-20 at Kingsbury Hall. The company also will be producing "The Boxcar Children" in the spring; check its website for the running dates to that production. Youth Theater at the U. uses child/youth actors from the community, along with professional actors and is exceptional children's theater. Find out more at: www.youththeatre.utah.edu

I believe that the younger we expose children to theater, the better, within reason of course. I would also encourage parents to take their children to see as many Shakespeare productions as possible, not only to witness the greatest theater yet to be invented, but also for the basic education and familiarization of the most famous stories in English literature, and the ability to understand poetry in its finest form.

Photos Wanted!

We're always looking for great photos of our kids to include in the newsletter. Please submit photos to either Joe Gillespie at loriandjoegillespie@hotmail.com or Sarah Workman at sarah.white@comcast.net



2B Celebrating Halloween
Photos by Benedicte Monsen



3A
Enjoying a first
day of school
Photos by Becky
Carlson

Scholastic Book Orders

Scholastic Book orders are an easy, efficient way to order to build your child's reading library. They are also a fantastic way to take care of some holiday shopping without having to leave the comfort of your house (or your computer)! Each month, you receive a flyer in your child's folder at school. The flyer is full of great reading selections at a discounted price. These books are much cheaper than you will find them for sale at your local bookseller, and each purchase you make will help our school earn free books as well. It's fast, easy and a great way to help our school and give your child some new books to read during the long winter ahead.

Merry reading!



Spaghetti Dinner set for Jan. 8

Mark your calendars for the return of the CCNS Spaghetti Dinner fundraiser, scheduled for Saturday, Jan. 8 at The Old Spaghetti Factory at Trolley Square. The dinner, donated by The Old Spaghetti Factory, is for families and runs from 4:30-7:30 p.m. Cost is \$10 for adults and \$5 for kids. The evening will include a raffle and bingo.

