



"As a Captain in the Army, you're prepared for anything that might come your way, but nothing could have prepared me for Alice's cancer diagnosis."
-Landon Clifford



ronaldmcdonaldhouse.org

DIST. 16 REPORT CARD

All three propositions were approved by about two-thirds of voters. **Strike Up the Band** Tucson will be well represented at the 124th Tournament of Roses Parade, welcoming in 2023. Former Southern Arizona Congresswoman Gabrielle Giffords has been selected the Grand Marshal. And, as was previously announced, the Catalina Foothills High School Marching Band will perform. The band has been rehearsing music from the American Southwest, and repers will perform alongside the band members as they march the 5 1/2 miles down Colorado Boulevard in Pasadena. A send-off performance of the parade set is planned for 6:00 p.m. on December 27 at Catalina Foothills High School, and the band's director, Renee Gibson Boyd. In keeping with its "Never on Sunday" rule, the parade will start at 10:00 a.m.

(Tucson time) on Monday, January 2. Live TV and streaming coverage will begin at 9:00 a.m. on various TV channels. **"Turning the Corner"** is the theme of the parade, and in selecting Giffords as the Grand Marshal, Tournament of Roses President Amy Wainwright said she "is a perfect example of how to valiantly turn the corner" after being shot at a constituent event on January 8, 2011. **December Meeting** As is the custom, one regular meeting of the CPSD Governing Board is scheduled for this month, on December 13, starting at 6:30 p.m. in the Carolé Engler Boardroom, on the north side of Valley View Early Learning Center, 3435 E. Sunasia Drive. The agenda will be posted at least 24 hours ahead of the meeting on the district's website, cdsde.org, under the "About Us" tab in the Governing Board section. **David Hatfield** is a local freelance writer. His three children graduated from CPSD, and he has served on the Catalina Foothills Governing Board. Comments for publications should be addressed to letters@desertleaf.com.

CURTAIN GOING UP

to the **Cygnology Oncology Unit** at the Memorial Sloan Kettering Cancer Center of New York City, a daily humorous take on sickness and death, with a dose of manny humor. Through Dec. 5 at the Temple of Music and Art Cabaret Theatre. For information, call 520-907-7209. **Saguaro City Music Theatre** is launching its inaugural production, *It's A Wonderful Life: A Live Radio Play*, a staged broadcast of Frank Capra's holiday classic. "We chose this as our first production for many reasons, but chief among them is because it so beautifully encapsulates the importance of community that we are trying to foster with Saguaro City," said the theatre's executive director, Charlie Ingram. Dec. 9-24 at Berger Performing Arts Center, 1500 W. Speedway Blvd. (saguarcity.org) or 520-809-5729.

The Scoundrel & Scamp Theatre presents *Fook*, an adaptation by Betty Labiner and Eulie Martinez of the A. A. Milne classic. The beloved story about Winnie the Pooh, Chris Robin, and the gang is a tale about friendship, being brave, and accepting help. Dec. 4-11 at The Historic Y, 738 N. 5th Ave. (comedianandscamp.org) or 520-448-3300. **Kathleen Kennedy** is a local freelance writer. Send theater news to her at letters@desertleaf.com. Comments for publication should be addressed to letters@desertleaf.com.

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The mission of the Boys & Girls Clubs of Tucson (BGCT) is to provide young people in our community, especially those who need us most, with a clear path to reach their full potential and pursue their dreams.

Letters

Remarkable Lives

I really enjoyed reading Rhema Sayers's story "Clarly" and Annie Build a Life in Oracle" in your November 2022 edition of *DesertLeaf*. The Neals led remarkable lives that truly demonstrated entrepreneurialism in a new frontier.

-Jackie Vordick

That's Fairbanks

I am a local Fairbanks and have lived here in Suburbs for the past 27 years and go back every few months to see my family. Today I had three people call or email me because they saw the article "F'rebruary in Fairbanks, Alaska," November, *DesertLeaf* and I am a new frontier.

-Danielle Burleson

The DesertLeaf welcomes reader letters. All letters MUST INCLUDE your name, telephone number and postal address. Letters may be edited for clarity or length. The DesertLeaf 3978 E. Fort Lowell Tucson, AZ 85712 E-mail: letters@desertleaf.com

GREAT ESCAPE (continued from page 15)



Scenic view of the Tucson Cable system. In Boggs with Colada Botero in the fifth month of central Boggs.

disputed marsh of his collection to the museum. The most-visited tourist attraction is Monserrate, the 10,240-foot mountain looming over La Candelaria's east side and which has been a destination for pilgrims since the 17th century. The current white church, built in the early 20th century, is a landmark visible from the entire city. The complex includes restaurants and gardens and can be reached via a long, steep footpath with about 1,800 steps or by riding an ancient funicular or a modern cable car. With so much to experience, Boggs begs for a return visit.

Rob Rachowicki is a local freelance writer. Comments for publication should be addressed to letters@desertleaf.com.

NUTRITION NEWS (continued from page 42)

broccoli, scallions, cheese, and the chopped bacon. Stir in coat with dressing. **Per 3/4 cup serving:** 193 calories; 6 grams protein, 4 grams carbohydrates, 14 grams fat (8 grams saturated); 22 milligrams cholesterol, 1 gram fiber, 1 gram sugar, 229 milligrams sodium. **Charlynn Fargo** is a registered dietitian with SIU Met School in Springfield, Illinois. Copyright 2022 Dietitians.com. Comments for publication should be addressed to letters@desertleaf.com.

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HEART OF THE MATTER

A donor's medical expenses, including extensive testing and the laparoscopic procedure, are covered by the insurance of the recipient. What's not necessarily covered is any travel, time away from work, or hotel stays. "Perhaps you're flying in from Iowa to give your kidney to your aunt in Arizona. You need to stay around for healing and check ups," says McReynolds.

As well as advocating for legislative change, McReynolds says the National Kidney Foundation is working with employers to promote "paid leave to help remove barriers cost-wise or logistics-wise for living donors." Only 10% of the 1 in 7 Americans with kidney disease are aware they have it, since disease symptoms are silent. Because hypertension and diabetes are the leading risks for CKD, 1 in 5 Americans is at risk today.

"That's why it's so important to keep your eye on your kidney health," says McReynolds. "It can be done with your family physician through a simple blood and urine test. Then, you can make lifestyle, dietary, or medication changes that can slow the progression of that damage."

For those without insurance or a health care provider, NKF AZ offers Free Path to Kidney screenings in communities throughout Arizona to identify chronic disease in its early stages in those at highest risk. In the meantime, Stehan's own video declarations have astonished at least one person at just the right time.

For more information about the fundraise, visit askidney.org, or call 802-840-1644.

Save the Dates

17th Annual Dancing with the Stars Arizona, Saturday, March 11, 2023 Annual Kidney Walk, Sunday, April 16, 2023, Free. For details, visit askidney.org.

EMBELLISH-MINT MAKES...

Whatever the origins, by the 1920s, red-and-white striped peppermint candy canes were becoming the norm, but they were still made by hand and sold at the local level. All that changed in the 1950s though, and here we have another religious confection of sorts. In 1952, Bob McCormack's brother-in-law, a Catholic priest named George Keller, invented a machine that would twist and cut the candy sticks, revolutionizing the commercial manufacture of candy canes. A year later, he invented another machine that bent them to the desired hook shape. Around this same time, McCormack became the first manufacturer to wrap his candy in cellophane, which greatly reduced breakage and enabled nationwide distribution.

By the end of the 1950s, Bobo Candies had become the leading producer of candy canes, churning out 18 million a day. A few years later, the company sealed its place in candy history by making what was, at the time, the world's largest candy cane—an 8-foot-long monstrosity weighing more than 100 pounds.

So there you have it, the twisted tale of that iconic symbol of Christmas, the candy cane. Today, according to the National Confectionery Association, nearly 2 billion candy canes are sold each year, 90% of which are purchased between Thanksgiving and Christmas. Whether adorning Christmas trees or delighting taste buds, candy canes continue to add to the enjoy-ment of the holiday season.

Kitty Williams Fisher is a freelance writer. Comments for publication should be addressed to letters@desertleaf.com.