

HEALTHY LIVING

# Turn the tables

Try these healthier choices for Thanksgiving



Robert W. Hart/Special Contributor

Michaela Jones and her three children, Tara, Howard and Kira, prepare an allergen-free recipe for pumpkin squares.

By NANCY CHURNIN  
 Staff Writer  
 nchurnin@dallasnews.com

For many, Thanksgiving is a time to toss calorie counts and portion sizes like a football on a desperate Hail Mary pass and hope for the best. Then there are those who can't and won't separate the words *healthy* and *delicious*. So we went hunting for ideas for guilt-free Thanksgiving favorites from people who understand health and for special-needs diets. Here's what they'll be serving.

**The doctor**

Dr. Robert L. Fine  
 director of the office of clinical ethics and palliative care at Baylor Health Care System

**Bob's Apple Brine Turkey**

turkey he buys Monday of Thanksgiving week and brines for two days before slow-cooking it on Thursday.

"Over the years, I've experimented with different recipes, but eventually settled on this one from scratch — my family allows no other!" he says. "The brine, both sweet and salty, mixed with ginger and orange, imparts a wonderful flavor to the turkey."

Brining and roasting is a healthier choice than frying the turkey, although brining does add sodium, he says. Turkey, however, is "inherently a healthy meat," he says, and he tries to make it more healthful by opting for an organic bird that is not fed hormones or antibiotics or feeds with trace amounts of pesticides.

Everyone in Fine's family loves to cook. He and his three daughters favor fish and vegetables, and his wife is "the salad chef," Fine says. But Thanksgiving calls for turkey, and that's where Fine says he steps into gear with a

**The mom whose kids have allergies**

Michaela Jones  
 Mansfield

**Pumpkin Snack Cake**



When Jones' twin daughters were found to have multiple food allergies, she struggled to find foods they could eat safely and healthfully. Her quest led her to self-publish a book, *Make It Allergy Free* (CreateSpace, \$14.95 on Amazon), which includes this recipe.

"Food allergies are no reason to not enjoy the holiday season. This recipe is a perpetual fall favorite in our house. It is great as a holiday morning treat, snack or dessert. It is also very easy to make. Even the kids can help out with this one."

TELEVISION

## Girls gone geek

Brainy women of science are everywhere on TV

FROM WIRE REPORTS

Watching TV might not make you smart, but unless you spend all your tube time keeping up with the Kardashians, chances are it's at least broadened your view of what smart looks like.

For more than 20 million viewers a week, it looks like Abby Sciuto, the pigtailed Goth girl that Pauley Perrette plays on CBS' *NCIS*.

A forensic specialist, Abby has a different skill set, but she's the glass-is-at-least-half-full version of Chloe O'Brian (Mary Lynn Rajsakub), the grumpy CTU worker whose computer wizardry on Fox's *24* helped Jack Bauer (Kiefer Sutherland) survive some of his worst days.

Abby's so popular that when CBS was ready to spin off its No. 1 drama, it had Perrette help in the handoff to *NCIS: Los Angeles* with an early crossover.

Chloe's so iconic that including a woman who's good with computers and other technology is now more the TV rule than the exception. There's Penelope, the Caltech dropout Kirsten Vangsness plays on CBS' *Criminal Minds*, Jasika Nicole's Astrid on Fox's *Fringe* and Angela, Michaela Conlin's tech-savvy artist on Fox's *Bones*.

*Bones*, of course, is a geek-girl extravaganza, a romantic comedy (with corpses) built around a brilliant scientist-novelist named Temperance Brennan (Emily Deschanel) and her less cerebral FBI

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**Movies move to Guide this week**

Starting Friday, movie reviews and related coverage will move to an expanded and redesigned Guide section, putting all your weekend entertainment information in one package. Comics and puzzles will continue in their current, full-page format on Fridays, but as a four-page insert to the Guide tabloid section with added color.

Guilt-free selections from the vegan-pescatarian, the dietitian and the trainer — and all the recipes — on **Page 14E**

A lighter pumpkin pie, **10E**



Jewel Yam and Kale Salad



Butternut Squash Casserole



Cranberry Maple Carrots

E-BOOK OF THANKS

Get more out of Thanksgiving with our new book of essays, prayers and toasts. Find it by searching for "Thanksgiving essays" at Amazon.com.

CLASSICAL MUSIC

## Houston's Grand Opera and Symphony still among the best

By SCOTT CANTRELL  
 Classical Music Critic  
 scantrell@dallasnews.com

HOUSTON — With the Dallas Symphony Orchestra and Dallas Opera hemorrhaging red ink and cutting programming, this past weekend seemed a good time to check

up on counterparts to the south. On Saturday, the Houston Symphony performed a concert led by the young German guest conductor Christoph Koenig. On Sunday, Houston Grand Opera gave its last performance in a run of *Fidelio*.

Dallas doesn't look good in financial comparisons, although artistically both cities hold their own. With six productions and a \$20 million budget, HGO ended 2010-11 with a \$37,000 surplus. The Dallas Opera, with five productions and a \$17 million

budget, closed with a \$4 million deficit.

The Houston Symphony balanced its 2010-11 budget of \$25 million. The DSO went \$6.4 million into the red on its \$32.3 million budget, although both that deficit and an \$8 million shortfall the year

before were wiped out by a special campaign.

*Fidelio* bristles with some of Beethoven's most imaginative and compelling music, but his only opera is problematic onstage. That said, the edgy physicality of Jürgen Flimm's staging, apparently updated to

World War II years, had me literally jumping in my seat, and drying my eyes, more than once.

To say that the *dramatis personae* seemed genuinely not to know what would hap-

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CBS

**Pauley Perrette**, Abby on *NCIS*, says viewers write to tell her she turned them on to science and math studies.

## Women in lab coats credited for 'Abby Effect'

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agent partner, Seeley Booth (David Boreanaz).

"I think that for years we saw one thing, which was men and technology and math and science and women being the heart and soul and spiritual person, and I think that all of us eventually — the people who make TV, networks, studios and TV writers — look at that and get tired of that," said *Bones* creator Hart Hanson.

Conlin, whose character was initially less comfortable with science than most of her colleagues at Washington's fictional Jeffersonian, has seen Angela evolve into a tech-savvy member of the team.

"I think the thing about Angela is ... she thinks she's not a geek," Conlin said. "She kind of postures as this very cool kind of, you know, street-smart gal, but I think she's actually a real dork at heart. And I think that's why she's been at the Jeffersonian for so long. You can't have that sort of skill set and know how to do all those things that those people do there without being kind of geeky."

"Our hard shiny lab has had its effect on everyone," said Hanson, "except for Booth, who it should have, and Brennan, who just lived there always from the beginning."

The lure of the lab has also been felt in comedy. One of TV's most-watched sitcoms, CBS' *The Big Bang Theory*, started out as a show about

superbright male roommates (Jim Parsons and Johnny Galecki) and their blond, less academically gifted female neighbor (Kaley Cuoco).

*Big Bang* has only gotten funnier as it's expanded the guys' universe to include women scientists, especially the two played by Mayim Bialik and Melissa Rauch.

If seeing is believing, some think having girls grow up seeing women on television with math and science backgrounds may lead to more women pursuing careers in those fields.

It's already happening, said *NCIS*' Perrette, who's participated in a public-service campaign to promote careers in science and technology.

"They call it the Abby Effect, actually. We've been on the show nine seasons, and these girls started watching when they were young, and they're in college now," Perrette said.

"I get letters and stuff from people all the time, all over the world — parents, grandparents, kids themselves — that say this fictional character that I play" influenced them, "and now they're pursuing math and science ... I went to college, I loved school. I love math and science myself. And to be able to play this character that has literally made young girls think that it's OK for them to pursue math and science is unbelievable," she said.

Ellen Gray, Philadelphia Daily News



Taylor Glascock/Staff Photographer

**Alexandria McGimsey, 5**, runs through a snowy parking lot at NorthPark Center as part of a promotion for *Arthur Christmas*. The children's holiday film tells the story of Santa's high-tech operation hidden beneath the North Pole.



SEE VIDEO of the *Arthur Christmas* event. [dallasnews.com/video](http://dallasnews.com/video)

### TV NOTES

#### Chelsea Clinton hired by NBC News to do projects

NEW YORK — Chelsea Clinton is going to work for NBC News.

The network said Monday that it has hired the 31-year-old Clinton to work on projects for *NBC Nightly News* and Brian Williams' newsmagazine *Rock Center*. She will do projects in the "Making a



Difference" series, generally positive stories about individuals and companies.

The only child of former President Bill Clinton and Secretary of State Hillary Rodham Clinton has been working primarily as a business consultant.

NBC News already has another daughter of a former president, Jenna Bush Hager, doing work at the *Today* show.

The Associated Press

#### Howard Stern might judge 'Talent' show

America's *Got Talent* contestants may be facing an unlikely new judge: shock jock Howard Stern.

Stern is in negotiations to replace the departing Piers Morgan on NBC's talent show, a person

close to the situation said Friday. The person lacked the authority to discuss the talks while they were in progress and spoke on condition of anonymity.

Stern, whose show airs on subscription service Sirius XM Radio, is a regular viewer of *America's Got Talent*, the person said.

An email seeking comment from Stern's agent in New York was not immediately returned. The radio personality unsuccessfully campaigned to be a judge on *American Idol* last year.

The Associated Press

#### Spielberg, Williams conduct 'Master Class'

Almost four decades ago, a young filmmaker named Steven Spielberg asked established composer John Williams to write music for his film.

As of next year, they will have worked "exclusively together" for 40 years.

The American Film Institute and Turner Classic Movies' *AFI's Master Class: The Art of Collaboration*, starring Spielberg and Williams, will debut Tuesday at 7 p.m. on TCM.

In a cozy setting at the AFI Conservatory and with an audience of aspiring AFI Fellows filmmakers, Spielberg and Williams discuss their collaborations.

McClatchy Newspapers

### PEOPLE

#### 'Dallas' cast works, plays at game

Call it the luck of the Ewings that helped the Dallas Cowboys with their deft dominance of the Buffalo Bills on Sunday. Larry Hagman and other cast members from the TNT series *Dallas* spent much of the game in Jerry Jones' Cowboys Stadium owner's suite. (Where else would J.R. sit?)

It wasn't all fun. It was a workday for the *Dallas* gang. A TNT camera crew was filming scenes for *Dallas* before and during the game.

Alan Peppard

#### Timberlake beau of Marine ball

Justin Timberlake followed through on a promise to take a Marine to her unit's annual ball.

The singer and actor posted a photo along with a letter on his website Sunday that the Marine Corps Ball in Richmond, Va., was "one of the most moving evenings I've ever had."

Cpl. Kelsey De Santis had invited Timberlake through a YouTube video to Saturday night's event, and Timberlake accepted. WTVR-TV reported that Timberlake wore a tuxedo to the ball at the Greater Richmond Convention Center.

Timberlake's *Friends With Benefits* costar, Mila Kunis, earlier this year accepted a similar invitation to a Marine Corps Ball in Greenville, N.C.

The Associated Press



## Houston's Grand Opera and Symphony still among the best

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pen next is to pay a high compliment. This was drama not so much staged as *lived*, very much in the moment. If the evil prison governor Pizarro, portrayed by the sonorously snarling Tómas Tómasson, didn't *actually* kick Simon O'Neill's Florestan in the head, he sure fooled me; that was one of those times I jumped.

Karita Mattila, one of today's name-in-lights singers, lost focus in her upper register, but she sang strongly and affectingly as Leonore/*Fidelio*. She brought a tactile involvement and nuance rarely seen in the awkward role of a wife pretending to be a boy. O'Neill's singing was marred by fortissimos with powerful edge that could cut through concrete.

Kristinn Sigmundsson's Rocco had a wondrously high-calorie baritone and engaging complexity of character. Completing the cast were Norman Reinhardt (Jaquino), Brittany Wheeler (Marzelline) and Kyle Ketelsen (Don Fernando).

The best thing about the performance was the conducting of Michael Hofstetter, who got lithe, dramatically incisive and elegant playing from one of the country's best opera



Felix Sanchez

**Houston Grand Opera** gave its last performance in a run of *Fidelio* on Sunday, which bristled with some of Beethoven's most imaginative and compelling music. Featured were Kristinn Sigmundsson as Rocco and Simon O'Neill as Florestan.

orchestras. The HGO chorus, prepared by Richard Bado, again proved itself one of the best, too. Sound in the Wortham Center's Brown Theater was a bit warmer than what

we get in Dallas' Winspear Opera House.

If the HGO orchestra and chorus impressed as a bit better than their Dallas counterparts, the Houston Sym-

phony seemed about on a par with the DSO. The violins' quieter playing had a silkiness we don't quite get in Dallas, but there were surprising stumbles in the Brahms Sec-

ond Symphony. Both orchestras could use more consistently in-tune basses. The Houston winds, capable as they are, had less character than the DSO's eloquent prin-

cipals. Jones Hall doesn't supply the surround-sound experience you get at the Meyerson and Bass Hall. But, halfway back, there was plenty of presence and an even frequency response.

The program was an odd mishmash. It opened with Chinese-American composer Zhou Tian's 10-minute tone poem *A Thousand Years of Good Prayers*, which could have passed for John Williams. Schubert's Mass in B-flat major again sounded like the apprentice work it is, with too many uninspired ideas routinely worked. Why bother?

The big Houston Symphony Chorus, prepared by Charles Hausmann, sang heartily. The soloists were capable, if not quite inspiring: soprano Elizabeth Keusch, mezzo Quinn Patrick, tenor Steven Tharp and bass-baritone Stephen Bryant.

Koenig has real potential as a conductor, but in the Brahms he seemed more intent on putting on quite a balletic, even athletic, show than in plumbing the music's depths. Apart from a second movement with phrases nicely rising and falling, everything felt a bit pressed, the finale more than a bit.