

Don't be brewed to the baristas, we're bean serious

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We hear you—all those desperate cries for coffee or a little pick me up! A lot of us have to have some type of morning drink to wake us up and get us out the door. It is a ritual to go to Starbucks and get your favorite drink every morning. However, there are many coffee shops in the Spokane area that are truly worth a try.

On 2901 W. Northwest Boulevard there is a coffee shop called Little Garden Café. They have remarkable specialty drinks, especially the Garadelli hot chocolate which is like biting into a pure chocolate candy bar. They sell paninis, salads, breakfast items and cooking items like oatmeal and pancake mixes. Their best breakfast item is a heated cinnamon roll. It is seriously like a creamy, warm piece of heaven in your mouth. It has a European kitchen feel and outside seating looking out on Audubon Park.

Caffe Delicio, located at 2301 N. Monroe, is a more contemporary Italian style coffee shop, like Starbucks, but a bit more relaxed. It is very inviting and has a warm atmosphere. There is a freakishly long list of teas and espressos to choose from. There is limited parking, but the upside is that it has a drive-thru. They have an arbor with outside seating that has a park-like setting and you can get a quick fix if you're close to Monroe Street.

However Rockwood Bakery's brownies are to die for. It has great curb appeal. It is a coffee bar that serves pastries and has an

amazing assortment of salads and sandwiches. It is very welcoming and quaint inside; very cozy and has a home like feel. It too has outside seating with a nice friendly neighborhood environment. It is located on the south hill at 315 E. 18th Avenue.

Rocket Bakery has hot chocolate that is delectable. They have a variety of soups, sandwiches, chips and wraps. The selection of bagels is outrageous with just about any type your palette desires, including everything from plain to sesame seed. There are different locations but my personal favorite is at 1325 W. 1st Avenue. It is an enjoyable place to people watch.

At Four Seasons they have Cabin Coffee and Four Seasons Coffee. They are located downtown at 222 N. Howard Street.

They sell their own blends of coffee as well as seasonal home décor. It is very comfy and is a laid back establishment. I don't care for some of their specific drinks, but we all have different tastes. They offer breakfast items, subs, wraps, salads and soups. At this particular coffee shop they even deliver.



Stock photo

Lindaman's is a coffee shop and café. It has a huge menu including sandwiches, salads, desserts and entrees. They also have a coffee bar that has a variety of traditional favorite coffee drinks. They have charming indoor and outdoor seating. The comfortable and pleasant atmosphere will add to your experience. Lindaman's also provides catering for "lunch meetings, parties, full dinners and more" according to their catering menu. It is also located on Spokane's south hill at 1235 S. Grand Blvd.

If you want to stick with a coffee stand, try Dutch Brothers located all around the Spokane area. They have candy bar-named drinks like Milky Way and Almond Joy. Besides candy bar drinks they have mochas, hot chocolate and a few other interesting specialty drinks. Personally I thought the Milky Way drink was a bit much.

Starbucks may be delicious, friendly and quick, but going to a coffee shop is more of a privilege than a need. The whole experience can be great if you give it a chance. Some coffee shops may have extraordinary drinks that may taste like they sound (good or bad). Give it a solid honest attempt. You might just find a new coffee shop ritual!

One World organics won't hurt you or wallet

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The world today has made it blatantly obvious that ramifications follow when one is not aware of their self and their communities. Shouts come from all sides, yelling to buy local, recycle and eat healthy. Yet with all the hype, negative reports continue to stream in of problems facing society. In a world that more often than not seems to just be a lot of talk, One World Organic, a new Spokane restaurant, is playing an active role in the very ideals that many hold dear but do not necessarily live out.

The concept behind One World was started by Denise Cerreta in Salt Lake City, Utah in 2003. One World Spokane began serving in Sep. 2008, and the grand opening was Oct. 25 last month.

There are many volunteer positions available, for which a meal voucher is received.

"People donate their services such as networking, accounting, and maintenance" chef Daniel Cantu said. Donations of items such as dishware, equipment and monetary donations are also appreciated.

One interesting aspect of One World is its policy that the customer picks the portion size and the price of their meal. This contributes to eliminating food waste and makes the restaurant accessible to everyone.

Sustainability is one of the driving factors behind One World Spokane. It is mostly supported through local farmers, donations of local produce and from the Keystone Community Garden, located right behind the restaurant. An emphasis is placed on organic, healthy food that is made available to everyone, with a constantly changing menu that includes vegan and vegetarian dishes.

The atmosphere surrounding One World is relaxed yet vibrant. Live music plays on Friday and Saturday evenings. There is a "non stigmatized atmosphere" that makes the restaurant more honest than other restaurants that do positive things for the sake of appearance.

One World Spokane is a unique environment because it accomplishes what many organizations try and fail at: To take a simple yet revolutionary concept and make it work, for the simple purpose of acting out beliefs in making the world into a better place to live in.

Helly Hanson equals hella cool styles

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If you are planning on heading up the mountain this winter, Helly Hanson has a lot of cool (or should I say hot) styles for the season. I talked to a manager at the Helly Hanson in River Park Square downtown, and got the essentials for being on snow this year.

Some of the most important improvements in clothing are developments to help keep you warm and dry.

One of the new products is called Lifa, it is a middle layer, (over your other clothes, under your jacket) made of micro-fleece, so it is warm, but not bulky. This is excellent for staying warm, yet aerodynamic for the raddest of slopes. Also make sure that you have "a good base layer—that's the one thing everybody needs this season!"

If you feel like going green, Helly Hanson has some choices for you too. They have created a new eco friendly line called EkoLab, and its products are made with 60 percent recycled material.

The new eco-friendly water proof items had such great results that "next year Helly Hanson is changing all of their waterproofing to the new (eco-friendly) waterproofing" Amy, the store's manager said.

What colors are in for this season? "Mostly black and white, and also some crazy prints" Amy said.

So get out your parents old neon jacket, whether you ski or board, and hit the slopes!

When asked if she ever anticipated the return of the piece, she quickly responded "It already has." However, this style is meant more for park and pipe, rather than the ski slopes.

Get your Helly Hanson gear early though, because of the amount of items they have in stock is "slim pickings right after Thanksgiving!"

Movies: what you want for the Holidays



Columbia photo

Daniel Craig, reprising his role as the famous British spy, James Bond, is so badass that even his shadow can whoop you in "Quantum of Solace" out this month.

EMMET WINKLE VON STACKELBERG
Lewis and Clark
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After the summer blockbusters all fizzled out and without any seriously good fall movies yet to report, winter can't come fast enough. As usual though, movie seasons don't wait for the real seasons to begin—the winter movie season is less than two weeks away. But to help you through the busy weeks ahead, the Vox has assembled a helpful guide to the winter's top films.

What's Playing:

Nov. 14 — "Quantum of Solace"

Kicking off the winter movie season with not so much a bang as a punch to the gut is James Bond in his 22nd appearance onscreen. Returning as the suave agent is Daniel Craig, whose weathered features and blonde hair somehow exude pure Bond better than anybody since Sean Connery. Craig's first turn as Bond, in the much-praised reboot "Casino Royale," brought the series back from its downturn after previous failure "Die Another Day," partly due to a shifting tone that took the series away from sleek gadgets and towards the gritty, visceral realism the "Bourne" series made popular a few years before.

"Quantum of Solace" begins directly after "Casino Royale" ended, with (spoilers!) Bond's love dead and his mind fixed on vengeance. Once again Bond is thrust into a mission where his wits and skills become more important than gadgets or nice cars, a mission that plays with, and is driven by, his own emotions. Lizo Mzimba from the BBC News was the first to review the film, noting its "leaner, tauter experience" and its emotional depth. Filmed, like the Bourne movies were, in a dozen exotic locales, and with many stunts being done with little CGI, this film has a raw, realistic tone that isn't for the faint of heart. Anybody who didn't like the realism of "Casino Royale" shouldn't expect to like this one. For the same people, there's another realistic, dark and emotionally-driven action thriller to look forward to—even better than it's Bond.

Nov. 21 — "Bolt," "Twilight"

An animated talking stunt-dog and steamy vampire love—two tastes that taste great together. Bolt's namesake, a cute dog who thinks he's a superdog when he only plays one on TV, might be good for the kids, but his antics won't do much for anybody else.

Not that that's a suggestion to see "Twilight," the movie about the creepy love between an 108-year-old (not kidding) vampire and a 17-year-old girl. It's fantasy-world-meets-teenage-angstville aesthetic makes it seem more suited to play after "Smallville" on the CW network or included in a 2-for-1 DVD special with season 2 of "Buffy." Nevertheless, it apparently is based on a very popular series of books, so it will probably make more money than Bond. So it goes.

Nov. 26 — "Transporter 3," "Australia"

It's Thanksgiving, everybody, so let's go see a bald guy make things explode for two hours! Makes sense to me. If shaved heads and duel wielding don't quite match up with Turkey Day, perhaps the period epic "Australia," directed by Baz Luhrmann and starring Nicole Kidman and Hugh Jackman might work better. Luhrmann made Romeo and Juliet cool by setting it in the inner city (Romeo + Juliet), and then made opera cool by taking away everything that made it opera and replacing it with pop music (Moulin Rouge!), so I'm sure he can make WWII-era Australia rad, too.

Dec. 5 — "Punisher: War Zone"

Big bulky man with skull iconography all over will be punishing and

such. This film, based on Marvel's "Punisher" comic-book character, the studio stresses, has nothing to do with 2004's commercial failure, "Punisher." It, like "The Incredible Hulk" a few months ago, is a reboot of a failed Marvel "series" made up of only one previous film. Didn't work so hot last time, so hopes shouldn't be high for this one, either.

Dec. 12 — "The Day the Earth Stood Still"

Sci-Fi epics and the holidays seem to go together splendidly, at least if last year's "I Am Legend" is any indication. This time, it's a remake of the classic "The Day the Earth Stood Still," with Keanu Reeves playing a role made for him—a monotone alien. His name is Klaatu, and his companion is a robot named Gort with enormous strength—enough to destroy the Earth. And he will, unless Klaatu decides the human race is worthy of salvation. The story remains disturbingly relevant today, but the likelihood that this big-budget flick will even approach the original's quality is low. Still, it should have slick effects, so it might be worth a look.

Dec. 19 — "The Curious Case of Benjamin Button"

Based on a short story by F. Scott Fitzgerald, "Benjamin Button" is a movie about it's namesake, who happens to age in reverse—he is born a withered old man and as time passes by he becomes younger. David Fincher directs, with Brad Pitt playing Benjamin.

The movie is exciting in a number of ways—David Fincher has directed such critical hits as "Fight Club" and "Se7en" and the effects work done for the film is reportedly some of the greatest ever done. Turning Brad Pitt into an ugly old man is no easy feat, and that's reflected in the film's ballooning budget, quoted by some to be over \$150 million. But expensive and moving epics are par for the course at Christmas ("Titanic" anyone?), and this film could not only be visually stunning but an actual good film to boot.

Dec. 25 — "Valkyrie," "The Spirit"

Tom Cruise and Nazis, the best Christmas fare! Or how about a noir-style crime film based on a very successful graphic novel and directed by "Sin City" and "300" creator Frank Miller? Maybe it's better to just stick at home by the tree.

Other notables as winter chugs on—Steve Martin returns in what could be even more embarrassingly bad than anything he's done yet—"The Pink Panther 2" on Feb. 6. Meanwhile, another famous fantasy book series is translated to screen on Jan. 23 with "Inkheart."

What's Not Playing

"Harry Potter and the Half-Blood Prince"

It appears Warner Brothers didn't feel it had a big money-earner in 2009, or perhaps it felt it could replicate the "Dark Knight's" box office tear every year in the same week in July for eternity, or maybe the latest "Potter" just wasn't up to snuff. Whatever the case may be, Harry's sixth film has been moved to July 2009, leaving the inadequate substitutes "Twilight" and "Bolt" at its former Nov. 21 release date. For what it's worth, test screenings reported some disturbing details a few weeks ago—example: Harry doesn't actually see Dumbledore's death because he's a floor below. Why, oh why would they change that? Perhaps Warner's will put its extra time to good use.

"Star Trek"

J.J. Abrams' reboot of the Sci-Fi classic was going to be the Christmas Sci-Fi, but with its release moved to May 2009, likely for more time for post-production and effects work, fans will have to wait a little longer to see young Spock in action. Knowing J.J. Abrams' other successes in both film and TV, it'll likely be worth the wait.