

November encourages sparse and gross facial hair

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November--a month when we start to make the transition from fall to winter, when snow starts to grace the landscape with its gentle touch. Comfort foods start to make regular appearances on dinner plates, and fires warm houses to satisfaction. In school the classes have shifted into a regular rhythm, ready to take on what is to come. There is also lots of fantastically unappealing facial hair.

Sorry ladies, it's beard season.

No Shave November, and its lesser-known precedent Octobearfest, are celebrated every fall across the nation, but are particularly anticipated in many high school cliques. It is a season that celebrates the beauty and innocence of the underdeveloped mustache, beard, and most notably, neard*.

The occasion allows people, who may be too ashamed of their facial hair in normal situations, to let it all hang out--To see their wildest, hairiest dreams lived out for a month. While some may only develop a thin line of hair on their upper lip by the end of the season, others are able to cultivate a veritable jungle of keratin across their faces.

*No Shave November, next to Octobearfest and March

Mustache Madness of course, is one of the last few beautiful things left in this world," Stacer McChesney, student at Lewis and Clark High School and avid beard connoisseur said. "Today, everything has been sullied by the media, money and politics, but during this sacred time, as autumn and color creeps into the trees, men and women, no matter what race, religion, sexual preference, or political view, join hands and raise them towards the heavens as their bodily hair cascades down towards earth."

For the unfortunate few that fail to realize their unbecoming facial specimen, November is just like any other month. If this applies to you, dear reader, it is highly advised that you shave what little hair you had on December 1 and act as nothing happened at all. Or you could just continue the dream. More power to you.

But at the end of November, a badge of masculine pride will be worn by many a male. It is a symbol of shameless, determined curiosity, and most of all, persistent laziness. So don't be a hater. After all, given the time, this season could grow on you.

*Neards are the gathering of a substantial amount of hair follicles on the neck that has not quite reached the upper facial region. It is a neck beard, or a near-beard. The end result is a neard.



Turkey legs and rabbit ears



Graphic by: Jaein Yoo/Shadle

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You have just spent two hours stuffing your face with butter-laden food like a starving contestant on "Survivor." You don't particularly need (or want) to hear your grandfather's green toe fungus story again, nor do you have any desire to play hide-and-go-seek with your Jack Russell Terrier of a cousin.

This year, I have selected the top five television marathons set to air all day this Thanksgiving, in hopes of alleviating some of the holiday insanity that will inevitably plague your household. So after your mother frantically reminds you that forks go on the left and knives go on the right, and your uncle passes out on the recliner with an unzipped fly and a burgeoning gut, you will be able to flee to a television and enjoy boundless hours of high quality programming.

James Bond Movie Marathon - Spike TV

I cannot think of a better win-win situation than the James Bond marathon on Spike TV. The bearers of a Y-chromosome are satisfied by the acrobatic stunts and stylistic gun handling of an infamous playboy assassin, while the ladies are entranced by the high cheek bones and snug swimsuits of a suave crusader with chiseled abs and trendy hair. Spike TV starts with the classic Sean Connery fare of the sixties and brings the marathon up to the twentieth century with the renditions made famous by Pierce Brosnan and Denise Richards.

In addition to possessing a widespread appeal, this marathon also possesses the magical ability to shush those ridiculously annoying quarrels over the remote control.

Trust me. Come this Thanksgiving, the amazing powers of 007 will tread beyond the borders of your television.

"Top Chef" - Bravo

What better way to cap off a long day of eating than with a reality show about melodramatic chefs frenetically preparing food? "Project Runway" followers should definitely tune in since "Top Chef's" format is almost identical, with the silly, unorthodox challenges and gorgeous supermodel host. Apart from the really pretty, albeit pretentiously named food (I don't recommend this show for dieters), the catty, profanity-laden hissyfits of the childish contestants is comedy in its truest form.

Is this show mindless fluff? Yes, of course it is. But it's the most deliciously addictive fluff that you will ever taste. "Top Chef" is the pumpkin pie of television. Sinfully sweet, tremendously damaging to your health, and best eaten in copious amounts around the holidays.

"Little People, Big World" - TLC

It amazes me how the United States has made following around

a family of little people a truly captivating experience. "Little People, Big World" flaunts a Walton-like, family feel while providing a fascinating, unapologetic perspective of a typical American family. This show is one of my favorites, especially around the holidays, because every viewer can relate to someone in the Roloff family, regardless of gender, political party, or height.

Because the show so heavily focuses on the love and connections of family, the viewer soon forgets that some of the family members live at a different level of life. Hilarious, lighthearted, and stripped of the common Hollywood glamour, "Little People, Big World" is great entertainment for all ages and finds a way to educate families without them even knowing it.

"I Love Lucy," "The Cosby Show" - TV Land

Apart from being downright hysterical, these two iconic sitcoms possess the capability of silencing the ever-complaining senior citizens. Once your grandparents see Lucy Ricardo intoxicate herself on Vitameatavegimin, their overtly negative comments about gang-bangers, cell phones, and Paris Hilton, quickly evaporate into thin air. Any show that can make a sleepy octogenarian stop for a laugh is definitely worth watching.

These shows demonstrate slapstick humor before it became vulgar and family bonding before it became uncool. Their stories can be over-the-top and uproarious or subdued and authentic. At their core, these shows epitomize the ideal American family without reeking of the "7th Heaven" cheesiness.

During a holiday swarming with food, Black Friday shopping, and stressed out parents, Lucy Ricardo and Mr. Huxtable remind families how to poke fun at themselves and bring laughter and nostalgia to the dinner table.

Alfred Hitchcock Movie Marathon - AMC

If this were any other roster of marathons, Hitchcock's outstanding collection of films would be at the top of the list.

But since this is for Thanksgiving, a day when our stomachs are churning turkey flesh, brownish gravy and wiggly cranberry sauce, I decided that, for this particular situation, this sickness-inducing marathon deserved the fifth place ribbon.

Regardless, in addition to a flock of man-eating birds and a certain Bates Motel, this marathon also boasts "Vertigo" and "Rear Window", and, if your stomach is up to it, I fervently recommend that you allot time out of your Thanksgiving to enjoy these legendary masterpieces.

Hitchcock's love for black humor shines in the first film of the day, "The Trouble With Harry." I also highly advise that you spend the time to relish in the frightful irony of "The Birds." After slaughtering, stuffing, roasting, and ingesting a fourteen-pound turkey with gravy, it's only fair, right?

Cap off the day with the maniacal antics and deranged mommy-issues of Patrick Bates. Just be sure to send the hyperactive cousins off to bed before Janet Leigh is butchered in the shower like a Thanksgiving turkey.

Bad economy? Who cares? Dating cures monetary woes

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Over the many years, all aspects of America have endured a reformation of sorts. We find ourselves rooting for a black presidential candidate without hesitation, thinking nothing but happiness for the "Mrs. & Mrs." wedding announcement in the newspaper, and frivolously blow our cash as the stock market comes crashing down to our feet.

These are crazy times, everything is changing, everything with the exception of the very thing that continues the cycle of evolution- dating.

The event of picking and choosing, breaking up, going steady and everything in between has gone from drive-in movies and a home cooked meal to movies in theaters and dinner out.

With the exception of better acting and definite chivalry, not much has changed in the dating world when it comes to teenagers and their uniqueness. It has come time to reshape our generic "dinner and a movie" views on dating, and have some fun.

Trying something new together will instantaneously bring you and your date closer. Dinner at a Japanese style restaurant could be pricey and considered unoriginal, but go during lunch for specials and split an order of sushi.

The idea of raw fish swimming down your throat may be unappealing at first but after the taste of the spicy tuna roll invades your mouth at Sushi.com on Main Ave. in downtown Spokane, the idea of an aquarium in your stomach will no longer seem like a bad idea.

Just around the corner downtown near Riverfront Park is the Melting Pot, an interactive fondue eating experience.

While having an entire meal there on the budget of a seventeen-year-old working five days a week for minimum wage who has to pay for gas, school fines, and cell phone bills could pan out to be quite impossible, it could be worth it.

Brownies dipped in chocolate-peanut butter fondue after a stroll through the park would get any girl, guy, man, woman or child of any sort a second date before the first taste is even ingested.

In the end, the movie will someday be long forgotten, and either way the experience long remembered, but while she is inviting you into her home for the newly released Halloween VIII; accept her offer, but keep in mind that revolution takes time, but it is in fact possible to teach old dating rituals new snazzy tricks.

Food for which to be thankful

MARGARET FRANKS
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Thanksgiving is a time of joy and prosperity. We celebrate the beginning of America and our start as a world. Thanksgiving is a historical monument, but what most of us care about is the food.

With the garlands of leaves, pumpkins in harvest and the turkey on the stove, many of us forgo breakfast and just wait till three o'clock when we can stuff ourselves with no regrets. For me, Thanksgiving is also a time to loosen my belt buckles. I eat a huge meal on Thanksgiving, sleep it off, and then pig out on leftovers in the fridge, thinking that if they're there, someone's got to eat them.

This year I am changing my philosophy. Yeah, Thanksgiving's once a year, but I don't have pumpkin pie only once a year. Think of healthy choices. Thanksgiving doesn't necessarily mean heart attack.

In my family, I'm all over the turkey. And although Turkey Tofu has come to my ears, I would never suggest that you substitute real turkey for fake tofu. But Thanksgiving cuisine does not need to just be about how many calories we can stuff ourselves with.

Try to find a spin off on some of your favorite aspects of Thanksgiving. Even just putting leftover turkey on whole-wheat bread instead of white improves the nutrition value.

My favorite part of Thanksgiving has got to be the sweet factor. I love pumpkin pie. But it isn't the best for you, especially not with whipped cream.

Here is a recipe for pumpkin bars that are delicious, but contain less fat. If you really want to go light, substitute powdered sugar sifted on top for the cream cheese frosting.

Pumpkin Bars:

5 eggs
1 and 2/3 cups granulated sugar
1/4 cup vegetable oil
3/4 cup apple sauce
18-ounces of pumpkin
2 cups sifted whole-wheat flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon cloves or nutmeg
1 teaspoon salt
1 teaspoon baking soda.
Icing: 6 ounces light cream cheese
2-4 Tablespoons non-fat milk
2 cups sifted confectioners' sugar
1 teaspoon vanilla extract
2 teaspoons butter flavoring.

Mix first 5 ingredients together, mix, and then add rest of ingredients. Bake in greased 13x10inch pan at 350 degrees for 30 minutes. For icing, mix all ingredients and add milk to get smooth consistency. Let the bars cool before frosting them, and enjoy.

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