

Movember for Men's Health

All November long you may notice more men than usual sporting mustaches. These guys don't call this month "November"; they call it "Movember"—and their mustaches are symbols to help raise awareness of men's health issues. As men grow their "Mos," friends and supporters donate money to fund programs targeting men's health issues.



The Movember movement began in Australia in 2003. Since then it has inspired at least four million new mustaches. The Movember Foundation has helped raise \$559 million to date and funded 800 different men's health programs around the world, aiding the fight against prostate cancer, testicular cancer, and mental health issues.

Once you've agreed to sign up and "Grow a Mo," the only question remaining is what style to grow? The American Mustache Institute details a variety of "lower nose accoutrements." The "Chevron," aka the "Magnum," is a popular choice. It's named after Tom Selleck's character on the show *Magnum P.I.* (photo above) and may be the manliest mustache of the bunch.

The "handlebar" requires a touch of mustache wax. Its thin, curling edges can make you look like anything from a circus ringleader to a silent film-era villain to former Oakland A's pitcher Roland "Rollie" Fingers.

The "horseshoe," aka the "trucker," demands a little more growth. It's like a hairy horseshoe hanging over your lip and along the sides of your mouth. It's not to be confused with a goatee, as the trucker does not connect across the chin. For a picture perfect bleached-blond trucker, look no further than Hulk Hogan.

There are plenty of others: the "Dali," the "Pencil," the "Lampshade," the "Fu Manchu," and the grand "Imperial." All impress, and all support the men's health cause.

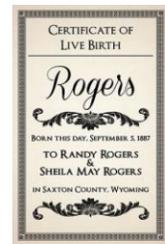
November Birthdays

If you are born between November 1st and 21st, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22nd and 30th are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great senses of humor, and kind hearts make them excellent friends. But get ready for an earful—Archers often also speak their minds.

Art Carney (actor) – Nov. 4, 1918
 Sally Field (actress) – Nov. 6, 1946
 Carl Sagan (astronomer) – Nov. 9, 1934
 Grace Kelly (actress, princess) – Nov. 12, 1929
 Burgess Meredith (actor) – Nov. 16, 1907
 Margaret Atwood (writer) – Nov. 18, 1939
 Larry King (interviewer) – Nov. 19, 1933
 Bruce Hornsby (musician) – Nov. 23, 1954
 Andrew Carnegie (banker) – Nov. 25, 1835
 Tina Turner (singer) – Nov. 26, 1939
 Samuel Clemens (Mark Twain) – Nov. 30, 1835

Roger That

What is it about the name *Rogers* in November? The name is shared by many celebrities born this month. There's Will Rogers, one of the most famous satirists of the 1920s and 1930s; he was born November 4, 1879. Roy Rogers, the famous singing cowboy and actor, was born November 5, 1911. Kenny Rogers (the baseball pitcher who once pitched a perfect game, not the country music star) was born November 19, 1964. George Rogers Clark, the American Revolutionary War general known as the "Washington of the West," was born November 19, 1752. Baseball pitcher Buck Rogers was born November 5, 1912, and the first radio broadcast of *Buck Rogers in the 25th Century* also aired on November 7, 1932. If you know anyone who's expecting a baby in November, suggest *Rogers*. It just may be the perfect name.



COKELY CHRONICLE

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Celebrating November

Aviation History Month

Sleep Comfort Month

Novel Writing Month

**Marooned Without a
Compass Day**
November 6

Nurse Practitioner's Week
November 8–14

World Kindness Day
November 13

Homemade Bread Day
November 17

International Men's Day
November 19

**Celebrate Your Unique Talent
Day**
November 24

Thanksgiving Day (U.S.)
November 26

Maize Day
November 27

Up for Adoption

Although Thanksgiving is celebrated in October in Canada and in November in the United States, both countries often share one tradition: a delicious roast turkey for the Thanksgiving feast. Why has turkey become the iconic meal for this holiday? Why not chicken, goose, ham, or beef? The menu choice is gastronomical as well as historical—with the long-held belief that the Pilgrims ate turkey during their "First Thanksgiving." But did America's European settlers actually feast on this gobbling bird?

We know from the memoirs of William Bradford, governor of the Plymouth colony, that wild turkeys roamed the area around Plymouth Rock. However, when we look to colonist Edward Winslow's firsthand account of the First Thanksgiving, there is no mention of turkey. He notes "wild fowl," but this could just have easily meant duck or goose.



If eating a turkey seems "fowl," consider adopting one instead. November is Adopt-a-Turkey Month, and rescue organization Farm Sanctuary will be hard at work finding loving homes for an array of needy turkeys. And why stop at turkeys when you could adopt an entire barnyard?

Or perhaps you would prefer the nation adopt the turkey as its new national bird. Founding Father Benjamin Franklin himself denounced the bald eagle as America's symbol, writing, "I wish the Bald Eagle had not been chosen the Representative of our Country. He is a Bird of bad moral Character...the Turkey is in Comparison a much more respectable Bird, and withal a True original Native of America." Is it time to redesign the U.S. Presidential Seal?

If at First You Don't Succeed...

If I've told you once, I've told you a thousand times that November 3 is Cliché Day. Don't let the mention of another foolish holiday make your blood boil. Only time will tell whether this holiday stands the test of time.



The term *cliché* has come to mean “an overused or unoriginal expression.” But the French word *cliché* is actually an onomatopoeia: it's the sound a printing plate makes as it lays its ink on paper in the printing process. In time, the printing plate itself became known as a cliché. Later, as a tribute to the repetitive process of mass printing, the term *cliché* came to refer to any oft-repeated expression.

Are you sick and tired of Cliché Day already but still thirsty for more word-related revelry? November 8 is Aid and Abet Puns Day, a day to support anyone daring enough to drop a pun. Clever punsters must rely entirely on wordplay to get a laugh, sometimes using a word or phrase that sounds like another:

“Police were called to a daycare where a three-year-old was resisting *a rest*.”

Or with a word that has more than one meaning:

“I used to be a banker but I lost *interest*.”

And “Tom Swifities” relate certain words to others in a creative and punny way:

“I need a pencil sharpener,”
said Tom *bluntly*.

Neurologist James H. Austin, author of *Zen and the Brain*, attempted to prove the inferiority of puns using MRI scans of the brain. When volunteers heard puns, they groaned—activating the left posterior *inferior* gyrus and left *inferior* frontal gyrus of their brains. Really funny jokes, on the other hand, involve the ventral part of the *medial* prefrontal cortex. That hard science is no laughing matter.

Alaskan Mish-Mash

What do you get when you cross a moose with a walrus? If you live in Alaska, you get the mythical hybrid animal known as an alascatallo, which is celebrated in earnest on November 22.

As strange as the alascatallo may seem, it is not the only hybrid animal that draws popular curiosity. The unfortunately named beefalo is a real cross between a cow and a buffalo. The world's largest cat is a liger, a cross between a male lion and a tigress, which can grow to twice the normal size of its parents. (The smaller tigon is the child of a lioness and tiger.) Hawaii has its wholphin, a rare mix of dolphin and false killer whale. However, more akin to the alascatallo is Wyoming's fabulous and impossible jackalope, a mythical jackrabbit with an antelope's antlers.

Most likely, the alascatallo is Alaska's idea of a joke. How do Alaskans celebrate? With the world's shortest parade. The three-minute affair occurs in an alleyway, and a prize is awarded to the smallest and least-appealing float.

The Selfie Portraits of Life



Smile and say “Cheese” to yourself on November 16, International Selfie Day. Thanks to the mobile phone camera, the “selfie” has become

the self portrait of choice for the tech savvy. Instantly recognized by its arm-length distance from the face, the selfie posture is used by everyone from kids to presidents and royalty. These digital pics provide a fun and real-time way to document your life for yourself or for sharing with friends and family on social media.

Does snapping a selfie mean that you're too self-absorbed? Dr. Pamela Rutledge, director of the Media Psychology Research Center, believes that selfies are a valuable tool for self-reflection. Such introspection allows us insight into our thoughts and actions, so snap away!

Skin Deep

As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season's harsh effects on our skin. To encourage us all to take healthy precautions, the academy has dubbed November Healthy Skin Month.



Protecting our skin is no small task. The skin, after all, is the body's largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we're hot and a blanket when we're cold. It makes vitamin D, which, in turn, allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it's no wonder keeping our skin healthy is a top priority.

The Mayo Clinic offers five easy tips for keeping our skin in tip-top shape:

- 1. Protect yourself from the sun** – Use sunscreen, wear protective clothes, and seek shade when the sun's rays are strongest between 10 a.m. and 2 p.m. (Vitamins A and B3 can help counteract sun exposure.)
- 2. Don't smoke** – Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.
- 3. Be gentle** – Shave in the direction your hair grows, and not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.
- 4. Eat healthy** – A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.
- 5. Manage stress** – Avoid breakouts by not overwhelming yourself and exercising regularly.

An Apron of Comfort

Cooking the Thanksgiving feast for a large crowd often starts long before Thanksgiving Day. The day before Thanksgiving—Wednesday, November 25—is a day to honor these intrepid holiday chefs and the aprons they so dutifully don. It's Tie One On Day.

Writer EllynAnne Geisel founded Tie One On Day in 1999. While writing an article about aprons, she was struck by the unique beauty of apron fabrics and design, leading her to curate a traveling exhibition featuring more than 600 aprons. She calls aprons the “armor of domesticity” and shows a true passion for the art of homemaking.

The central tenets to Tie One On Day are qualities of kindness and generosity. Geisel urges us to celebrate Tie One On Day by wrapping some home-baked goodies inside an apron and gifting that to someone you care about. Write some kind words on a note, tuck the note into the apron pocket, and your gift is bound to warm both their belly and their heart.

Rails to Scale



November is Model Railroad Month and, boy, have model trains come a long way. In the earliest days of model trains there were no standardized scales. Serious hobbyists and manufacturers eventually teamed up to create officially scaled trains and parts, allowing modelists to create vast layouts that mirror real places and historical periods to the tiniest detail.

Different scales call for different layouts. HO scale is the most popular, with cars often no longer than a pencil. This makes HO-scaled trains perfect for indoors. G-scaled trains are larger and more durable, so they are great for outdoor garden exhibits. O-scale trains fall right in the middle; they are large enough to highlight detail and small enough for children's hands—a classic choice to run 'round the Christmas tree.