

Enjoy November

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: NOVEMBER 2014 Vol 3 ISSUE: 6
HAPPENINGS • FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • MUSIC • LIFESTYLE • MOVIES

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YOU BY:



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TY'S TIPS

HOME DESIGN TIPS FROM
TY PENNINGTON



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FIELD GUIDE

GYM-GERM
WARFARE

BEST FALL FOLIAGE
AROUND THE WORLD

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NOVEMBER 2
DAYLIGHT SAVING
TIME ENDS



NOVEMBER 4
ELECTION DAY

WHAT'S HAPPENING IN



NOVEMBER 11
VETERANS DAY



NOVEMBER 14
NATIONAL PICKLE DAY

NOVEMBER



NOVEMBER 27
THANKSGIVING



NOVEMBER 28
BLACK FRIDAY



NOVEMBER 29
SMALL BUSINESS SATURDAY

GLUTEN-FREE

PALEO

VEGETARIAN

VEGAN

LOW SODIUM

DIABETES

PEANUT ALLERGY



Researchers estimate that 15 million Americans have a food allergy – accounting for more than 200,000 ER visits annually!

A cheat sheet to accommodate all your guests' dietary needs!

Vegetarian, vegan, gluten-free, Paleo, low-sodium, raw, sugar-free, organic... holiday hosting can feel like a minefield of food allergies and diets these days. And while it's good that Americans are becoming increasingly more health conscious, these words can make the already stressful task of executing a Thanksgiving menu feel nearly impossible! This year, learn more about these common terms so you can best accommodate your guests and please everyone at the table, while keeping your own sanity intact!

GLUTEN-FREE

Although tempting, don't simply write this one off as a grocery store sensation. Eating gluten-free has been a dangerous reality for those suffering from celiac disease for a long time and while there's many related marketing gimmicks popping up, many people who do not have celiac disease do have a clinical degree of allergy or intolerance. Regardless of the level of severity, the nitty-gritty is that you cannot cook with (or serve products made from) gluten, a protein compound found in wheat and other grains.

DON'T: Forget to check labels. Bread products are obvious, but many sauces, dressings, drinks and even spices can contain gluten.

DO: Substitute corn, brown rice and potatoes for many classically bread-based dishes. Cornbread stuffing, gravy thickened with brown rice flour and potato pancakes are all delicious alternatives to traditional menu items.

PALEO

The Paleo Diet, which is incredibly popular throughout the Western United States, promotes eating pre-Industrial-Revolution foods. Often described as the "caveman diet," Paleo followers focus on non-processed meats, vegetables, nuts, seeds and fruit. Basically, anything that could have been hunted or foraged is game.

DON'T: Confuse them with gluten-free eaters. Although the same meal could satisfy both (a good strategy), Paleo-ers avoid dairy, packaged foods, sugars and grains entirely, including rice and corn products.

DO: Keep your vegetable options plentiful and make your meat dishes the hero. Find high-quality, organic and/or grass-fed cuts and you will delight your most devout hunter-gatherer friends.

VEGETARIAN

More than 7 million Americans identify as vegetarian, and that number is growing; three times that amount now follow a predominantly vegetarian diet. Some people choose vegetarianism for ethical or political reasons and others for health. The personalized derivations of this diet can vary, but your standard-issue vegetarian simply doesn't eat animal meat or any animal meat products.

DON'T: Simply swap meat for soy substitutes (tofurkey for turkey), which can be overly processed. Also, be especially careful with broths and stocks.

DO: Try being creative with your menu planning instead. So much can be done with cheese, beans, grains and eggs. Consider bringing similar flavors over from your meat dishes too. If you're using thyme or rosemary on turkey, do the same for a cheesy, roasted butternut squash.

VEGAN

While similar in philosophy and practice, the vegan diet is stricter than vegetarian. Again, one vegan can vary slightly from another. Typically, veganism is defined by abstaining from all animal products and derivatives. So the main difference to note is that a vegan guest will not consume dairy products of any kind.

DON'T: Panic!

DO: Focus on side dishes. A good rule of thumb is for there to be at least three appetizers, salads or side dishes that are vegan, so that your meat and dairy averse guests can still fill their plate with an interesting array of foods. Consider nuts, seeds, beans, root vegetables and hearty grains to add richness to otherwise light veggie offerings.

LOW SODIUM

If you have a guest with heart disease, their health care providers are strict about sodium intake, which is a pretty tall order with holiday food. Four ounces of turkey alone can have up to 1100 mg of sodium – nearly the daily allowance recommended by the Institute of Medicine, 1500 mg.

DON'T: Make your entire meal without seasoning.

DO: Rely on highly aromatic, salt-free flavors like nutmeg, rosemary and garlic. Find salt-free seasoning mixes for meats and sauces. Finally, use a high-quality organic sea salt for the most minimum, essential flavor enhancing and then allow your other guests to salt as needed.

DIABETES

The key for diabetics is to reduce spikes in blood glucose levels, which is accomplished with the right combination of foods, typically a balanced mix of vegetables, whole grains and protein.

DON'T: Try to change your whole menu.

DO: They know how to take care of themselves. Be thoughtful and informative about how dishes are prepared, so your guest can manage their meal. Make sure that there are plenty of vegetables available, avoid unnecessary sugars and serve at least one diabetes-friendly dessert.

PEANUT ALLERGY

This one is serious. Don't mess around. Peanut allergies are extremely deadly.

DON'T: Serve peanuts. Obviously.

DO: Check every label and purge your entire kitchen and pantry of peanut products. Any packaged goods that you incorporate into the meal have to be completely peanut-free, usually meaning that they cannot be produced in a factory that also makes peanut products. And check with your friend with the allergy for a safe strategy. They are seasoned pros at spotting the hidden culprits!

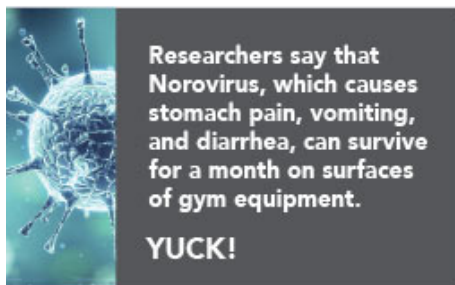
+ GO 2.0 THIS HOLIDAY

Send out a food preference survey before the meal to avoid surprises. [SurveyMonkey.com](https://www.surveymonkey.com) is a free service for making personalized email surveys!





The gym is typically our healthy haven: the sanctuary where we escape life's anti-wellness attackers. But what if your fitness club is harboring its own health risks? You may be getting more than just a buff bod! Turns out, gyms are hotbeds of germ activity. Tiny bugs that deliver flu, colds, skin infections and athlete's foot are hiding in many health club nooks and crannies. Here's a map of the germiest hot spots and how to protect yourself from illness, because fit and healthy should be a package deal.



Researchers say that Norovirus, which causes stomach pain, vomiting, and diarrhea, can survive for a month on surfaces of gym equipment.

YUCK!

MICROBE HOT SPOT

EQUIPMENT

SPECIFICS: Free weights, machines and exercise balls



GERM METER = HIGH

Because so many people handle the various exercise tools lying around the gym, this equipment is rampant with bugs and viruses. Researchers investigating the spread of microbes have found MRSA – the antibiotic-resistant bad-guy – on nearly every piece of equipment in the club, including exercise balls!

HOW TO FIGHT BACK

Wipe equipment with disinfectant before and after you use it. No wipes or spray at your gym? Carry antibacterial gel and rub it on your hands before and after your workout. And make sure to hit up your gym's comment box, so they know to start supplying it!

MICROBE HOT SPOT

LOCKER ROOM

SPECIFICS: Floors, benches and locker knobs



GERM METER = HIGH

The sweaty, humid locker room is the perfect petri dish for nasty bugs, including staph, strep and MRSA.

The danger starts at ground level. From outdoors, shoes track in bacteria and fecal matter, which harbors organisms that can give you the stomach flu and hepatitis A.

HOW TO FIGHT BACK

Always wear flip-flops in the locker room and shower, avoid sitting on the bench unclothed and pull out your on-the-go antibacterial sanitizer before choosing a locker.

MICROBE HOT SPOT

MAT

SPECIFICS: Yoga and fitness mats



GERM METER = HIGH

As you stretch, strike a yoga pose or take a group exercise class, you could be lying in a slew of microbes that can cause skin infections, athlete's foot, colds and flu, and hepatitis A.

HOW TO FIGHT BACK

Bring your own mat and don't share it. After each use, clean the mat with a bleach-based wipe or a 60 percent alcohol disinfectant spray and let it air-dry.

+ Trying to stay au naturale? Health food stores now carry several brands of plant-based antibacterial solutions to replace the chemical ones that you typically find, so you can engage in germ warfare without compromising your lifestyle.

DRINK / AUTUMN PEAR COLLINS

Sweet seasonal pear, gin and savory holiday spices give this autumnal cocktail a crisp, woody flavor and make for the perfect Thanksgiving cocktail!

WHAT YOU'LL NEED FOR ONE COCKTAIL

1½ ounces gin
1½ ounces pear puree
¾ ounce rosemary and
clove-infused simple syrup
¾ ounce lemon juice
Dry sparkling wine or
soda water, to top

PEAR PUREE

2 pears, such as Bosch or
Bartlett, peeled and pitted
1½ ounces lemon juice
1½ teaspoons fresh rosemary

ROSEMARY AND CLOVE SIMPLE SYRUP

½ cup sugar
½ cup water
1 ounce whole cloves
3 sprigs rosemary

DIRECTIONS

1. Make the simple syrup by combining the sugar, water, cloves and rosemary in a saucepan over low heat.
2. When it reaches a boil, remove from heat and let sit for 30 minutes. Strain into a jar and store in the refrigerator until use. Yields enough syrup for approximately five cocktails.

3. Make the puree by combining the sliced pears, lemon juice and rosemary in a blender.

4. Blend until smooth; gently strain mixture through a fine-mesh sieve and discard any solids. You will have roughly one cup of puree, which makes about five cocktails. If not using right away, the puree can be

frozen in an ice cube tray and stored in an airtight container.


5. Combine the puree, syrup, lemon juice and gin in a cocktail shaker over ice. Shake vigorously until chilled. Pour into a glass and top with a small splash of sparkling wine or soda water. Garnish with pear slices or rosemary (optional).

NOVEMBER'S TIP FROM

INTERIOR DESIGN STAR TY PENNINGTON

Courtesy of
Ty Pennington Design Team

**KEEP THE
WINTER BLUES
AT BAY WITH
THESE IDEAS
TO FRESHEN UP
YOUR HOME**



When the days turn dark before dinnertime and the sky has a certain pallor, it's easy to get the winter blues. But a few simple ideas can spiff up any space and keep it springtime bright, even if the temperature outside is chilly. Read on for a few tricks to keep rooms at their peak in the bleak mid-winter.

1 | ADD SNAPPY ACCENTS

Feeling color-courageous? Fill a bright white room with colorful furnishings to amp up the interest in a dull space.

2 | PUNCH OF PATTERN

Pep up built-ins or bookcases by lining the back of the case with bright patterned craft papers (the kind used for scrapbooking works very well) or wallpaper scraps. Use spray adhesive or double-stick tape to adhere the papers.

3 | SHED LAYERS

Lighten a room by removing objects and knickknacks. One, three or five key pieces will have a greater impact than a cluttered mess of collectibles. Donate them, have a yard sale or stash them away for future display, but clear that space!

4 | LIVEN UP WALLS

Most DIYers have a passion for paint, and for good reason: A fresh coat of color brightens a room in less than an hour. Classic, nature-inspired colors like buttercream yellow, oxford-shirt blue and celery green are best bets to lend a subtle, sunny spark.

5 | ART NOUVEAU

Tuck tired artwork behind the couch or in a closet, and hang a cheerful new piece on a focal point wall to give a space a winter lift. It can be a poster, the kids' latest paintings or a fine masterpiece - as long as it's colorful, it will be a room brightener.

6 | SUNNY DAYS

Letting more natural light into winter rooms is the easiest way to lighten and brighten. Pull back heavy window treatments with attractive cord or hardware. Bad view? Add translucent blinds or sheers that let sun in while artfully obscuring that vista of the alley or your neighbor's garage. And try this pro decorator's trick: Hang curtains at ceiling height even if the windows are not, giving the illusion of larger windows and more light.

7 | LITTLE FIX-UPS

Warm wood tones are lovely and inviting, but crisp, colorful details can give a dining room more volume. By simply adding a patterned rug, recovering dining chairs, painting an accent wall and adding new artwork, you can spice up a once dull dining room.

8 | AWESOME BLOSSOMS

Nothing says "spring is coming" like a vase of fresh flowers. Go for loose arrangements in a clear glass vessel, so the green of the stems is in the spotlight along with the blooms.

9 | COZY GLOW

Add new lighting to a room and instantly gain brightness on a gray day. Mix overhead lighting and large floor lamps as well as smaller task lighting in the same room for the best results. Increase the bulb strength in existing fixtures (check the lamp for highest recommended wattage) and trade thick, dark lamp shades for lighter, thinner ones.

10 | TABLE FLAIR

In the kitchen, swap heavy glazed ceramic dishes and mugs for lighter glass plates or even summery melamine bowls and dishes. Extra credit for replacing dingy kitchen towels with crisp white ones.

11 | BEST REFLECTIONS

Mirrors add light to a space and encourage a feeling of sunny brightness. Plus, there are tons of styles out there, from modern mirror tiles to a more ornate hanging mirror. DIY tip: Make an inexpensive mirror look top-drawer by cutting molding to create a more substantial frame around it. Affix the molding to the wall around the mirror with finishing nails.





ALBERTA, CANADA

Aspen, birch, willow and conifer abound in the Canadian Rockies, where mountain wilderness frames fall's color changing marvel. If you've seen the American Rockies, don't dismiss them as the same. Our neighbors to the north provide a truly backwoods and wilderness version of this iconic mountain range that should not be missed. Find Banff, Lake Louise and Canmore for must-see destinations and launching points for your color-rich adventures.

WHERE TO STAY:

Fairmont Banff Springs
405 Spray Ave.
Banff, Alberta

WHERE TO EAT:

Banff Ave Brewing Co.
110 Banff Ave
Banff, Alberta

OSLO, NORWAY

Europe's northern region is particularly stunning in the fall. Covered in beautiful parks, woodland areas and deciduous trees, Oslo is a saturated landscape of autumn hues.

Wander the city streets for an urban foliage adventure or explore the surrounding areas for a more wilderness infused experience! Akershus Fortress, Vigeland Sculpture Park and Osloomarka are just a few options for a vibrant jaunt.

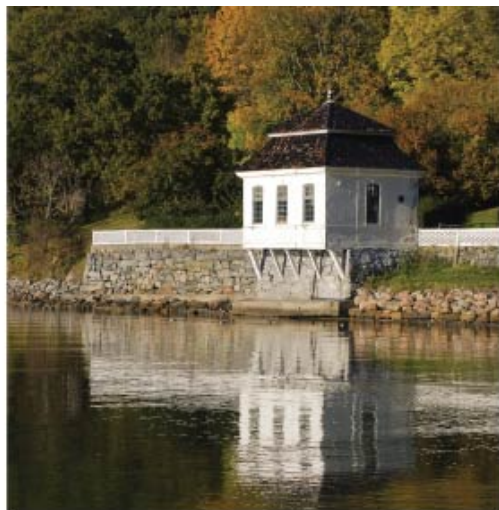
WHERE TO STAY:

Grand Hotel, Oslo
31 Johans Gate

WHERE TO EAT:

Bagatelle
3 Bygdøy Alle

Autumn is in full force and while the United States is a veritable sea of breathtaking fall spectating destinations, we certainly don't have a monopoly on the glory of color changing foliage. There are incredible leafing destinations across the world with new cultures and flavors to boot! And fall is the perfect time of year to pack up and head abroad: The touristy crowds have returned to their respective countries, and nature's colors are getting ready for a technicolor shift. So visit one (or all!) of these saturated autumn travel destinations and fall in love with the world's most magnificent foliage.



PERTSHIRE, SCOTLAND

Perthshire or as it is sometimes (and aptly) called, "Big Tree Country," is perhaps the prime European destination for witnessing the autumn color change. The Scottish countryside is lush with forests, rivers, lochs and rolling hills that create a picturesque landscape of brilliant hues. Don't miss the Pass of Killiecrankie and the Meikleour Beech Hedge, both of which are especially magical in late fall.

WHERE TO STAY:

Kinnaird
Balmacneil, PH8 0LB

WHERE TO EAT:

Lake of Menteith Restaurant
Perthshire, FK8 3RA

BEIJING, CHINA

The rich parks of Beijing and the dense forests housing the Great Wall of China come alive with electric reds, oranges, coppers and golds in autumn. Be sure to find Badaling National Park; its specific area for viewing leaf scenery offers glorious panoramas of the fall colors against the backdrop of the Great Wall. Several travel companies even offer guided color leafing tours.

WHERE TO STAY:

China World Summit Wing
1 Jianguomenwai Ave.
China World Trade Center

WHERE TO EAT:

Temple Kitchen
171 Fuchengmennel St.



LAKE DISTRICT, ENGLAND

England's Lake District area is no secret: A breathtaking countryside famous for brilliant lakes, soaring mountains, grazing sheep and charming villages that make for an ideal rustic escape from the bustle of city life. Come fall, not only do the plentiful tree varieties turn electric, the ground cover is saturated with bright colors. And when this idyllic scene is reflected in the surface of a mountain lake, you'll get double the visual impact. Don't miss the town of Cumbria or the Grizedale Forest Park, which offers the perfect setting for a walk or bike ride on a nice autumn day.

WHERE TO STAY:

Moss Grove Eco Lodge
Grasmere, England

WHERE TO EAT:

L'Enclume
Cavendish Street,
Cartmel LA11 6PZ

LOIRE VALLEY, FRANCE

In France's infamous Loire Valley, the regional jewels are evident: rolling vineyards, lush forests, crystal lakes and glorious chateaus cover the rustic landscape. Now imagine it all bathed in autumn colors! Come fall, 185,000 acres of grapevines stretching across valleys and over hillsides create a colorful spectacle for the eyes and the fruits of the land offer tasty enjoyment for the palette.

WHERE TO STAY:

Domaine des Hauts de Loire
79 rue Gilbert Navard
Onzain, France

WHERE TO EAT:

Restaurant Olivier Arlot
33 Rue Colbert
Tours, France

AHORNBDEN, AUSTRIA

If the others on this list seem like obvious choices to view the fall foliage, this one surely won't. Ahornboden, near Innsbruck in Austria's Silver Region (Silberregion), is a truly hidden gem of the leafing world. Perhaps that's because 4,000 feet into the towering Alps is usually reserved for snow-capped peaks and speckles of coniferous forests. But, this secret saturated locale is home to an alpine meadow studded with thousands of mountain maple trees – some more than 600 years old – which turn vibrant yellow every fall! Hike, mountain bike or drive through this magnificent area for a charming and secluded glimpse of autumn color.

WHERE TO STAY (AND EAT):

Hotel Restaurant Gasthaus Kapeller
96 Philippine-Welser-Strasse
Innsbruck, 6020, Austria

KYOTO, JAPAN

Japan has such a rich landscape of deciduous forests that they even have a word for viewing autumn colors, momijigari, or "red leaf hunting." In Kyoto, this hunt reaches optimum vibrancy through late November and early December, when thousands of fiery red Japanese maples hail from temples and parks alike. Some places even light the hillsides at night for evening viewing. Kyoto in the fall gives the more popular spring blossom season a run for its money... and airfare will be cheaper for you!

WHERE TO STAY:

Hoshinoya Kyoto
11-2 Genrokuzan-cho
Nishikyo-ku

WHERE TO EAT:

Honke Owariya
322 Kurumayacho-Nijyo

Three classic soups that are perfect for brisk fall days or as an appetizer for a holiday meal!

CREAMY TOMATO SOUP

SERVES SIX

WHAT YOU'LL NEED

2 tablespoons unsalted butter
1 onion, coarsely chopped
1 to 2 cloves garlic (optional)
2 (14-ounce) cans whole peeled tomatoes
Coarse salt and freshly ground pepper
1½ cups basic chicken stock, or water
½ cup heavy cream (optional)

DIRECTIONS

STEP 1

Melt butter in a medium stockpot over medium heat. Cook onion and garlic (if using), stirring constantly, until soft and translucent, about three minutes.

STEP 2

Add tomatoes, their juices and stock. Season with salt and pepper and bring to a boil, then reduce heat and simmer 10 minutes.

STEP 3

Working in batches, transfer tomato mixture to a blender, food processor or food mill. Puree tomato mixture (if using a

blender, cover the lid with a kitchen towel while machine is running).

STEP 3

Return soup to a clean pot and set over low heat. Whisk in cream, if desired; season with salt and pepper. Serve immediately or transfer soup to a bowl set over an ice-water bath to cool completely. Transfer cooled soup to an airtight container and refrigerate. Reheat over medium heat until heated through.

FRENCH ONION SOUP

SERVES SIX

WHAT YOU'LL NEED

4 tablespoons unsalted butter
2 pounds yellow onions, sliced ¼-inch into half circles
1 teaspoon sugar
1 tablespoons all-purpose flour
½ cup dry sherry
3 cups homemade beef stock
2 teaspoons chopped fresh thyme or ¾ teaspoon dried thyme
Salt and freshly ground black pepper
1 small baguette, sliced crosswise into ½-inch pieces
8 ounces Gruyere cheese, grated on the large holes of a box grater (about 3 cups)

DIRECTIONS

STEP 1

Melt butter in a large Dutch oven or heavy pot on medium-low heat. Add onions. Spread them out in as thin a layer as possible. Sprinkle with sugar and cook, stirring just as needed to keep onions from sticking, until they are melting and soft, golden brown and beginning to caramelize, about one hour.

STEP 2

Sprinkle flour over onions, and stir to coat. Add sherry, stock and thyme, and bring to a simmer. Cook, partially covered, for about 30 minutes, to allow the flavors to combine. Season with salt and pepper to taste.

STEP 3

Meanwhile, lightly toast bread under a broiler; set aside. Ladle hot soup into six ovenproof bowls. Arrange the bowls on a baking pan. Place one or two slices of toasted bread over each bowl of soup. Sprinkle a half cup grated cheese over bread in each bowl and place under the broiler until cheese is melted and crusty brown around the edges. Watch so that the bread doesn't burn. Serve immediately.

CHICKEN NOODLE SOUP

SERVES SIX

WHAT YOU'LL NEED

1 tablespoon olive oil
2 stalks celery, diced small
2 medium carrots, diced medium
1 medium yellow onion, diced small
Salt and pepper
4 cups chicken broth
1 ¼ pounds boneless, skinless chicken breasts
6 ounces pasta of your choice, preferably broken into 1½-inch pieces
¼ cup chopped fresh dill

DIRECTIONS

STEP 1

In a large pot, heat oil over medium-high. Add celery, carrots, and onion and cook until celery and carrots are crisp-tender, about five minutes; season with salt and pepper.

STEP 2

Add broth and four cups water and bring to a boil. Add chicken, reduce to a simmer, and cover. Cook until chicken is cooked through, about 10 minutes. With tongs, remove chicken and chop or shred into bite-size pieces.

STEP 3

Add pasta to pot and cook until tender, about four minutes; season with salt and pepper. To serve, stir in chicken and dill.



+ PRO TIP

Don't stir your cooking onions too often or they won't caramelize!



All three of these soups can be made in bulk and then frozen, for cozy autumn meals all winter long!

Recipes: courtesy of marthastewart.com



**Get funky this fall with our
playlist of killer soul classics!**

THE TEMPTATIONS	E10
AIN'T TOO PROUD TO BEG	
MARVIN GAYE	E9
I HEARD IT THROUGH THE GRAPEVINE	
SAM COOKE	E8
TWISTIN' THE NIGHT AWAY	
STEVIE WONDER	E7
FOR ONCE IN MY LIFE	
JACKSON 5	E6
I WANT YOU BACK	
RAY CHARLES	E5
HIT THE ROAD JACK	
ARETHA FRANKLIN	E4
I SAY A LITTLE PRAYER	
JAMES BROWN	E3
I GOT YOU (I FEEL GOOD)	
AL GREEN	E2
LET'S STAY TOGETHER	
OTIS REDDING	E1
STAND BY ME	

Release dates subject to change.

INTERSTELLAR

Genre(s): Sci-Fi, Adventure
Release Date: November 7

Starring: Matthew McConaughey, Anne Hathaway, Matt Damon, Jessica Chastain

This captivating sci-fi adventure tracks the wild journey of a group of interstellar explorers who travel space via the first wormhole ever discovered by humanity. Stunning and full of mind-expanding excitement, this one is a must-see!

BIG HERO 6

Genre(s): Animation, Superhero, Action
Release Date: November 7

Starring: Ryan Potter, Scott Adsit, T.J. Miller, Jamie Chung

New from Disney, this delightful comedy adventure tells the story of Hiro Hamada, a tiny robotics prodigy who stumbles into a dramatic pickle as he learns that a band of criminal masterminds is scheming to take down the tech world's capital city. Hiro, along with Baymax, his robot sidekick, must save the day.

THE THEORY OF EVERYTHING

Genre(s): Sci-Fi, Drama
Release Date: November 7

Starring: Eddie Redmayne, Felicity Jones, David Thewlis, Emily Watson

Based on the gripping memoir, is the beautiful and heart-wrenching true story of one of the world's most celebrated minds, astrophysicist Stephen Hawking. This tale of love and passion begins at Cambridge University where a young, healthy and mobile Hawking is at once discovering his genius, falling madly in love with his ultimate appreciator and learning for the first time that his body is beginning to fail him due to a devastating illness. Together, they defy impossible odds, breaking unparalleled new ground in medicine and science, and defining what it means to love.

MERRY FRIGGIN' CHRISTMAS

Genre(s): Comedy
Release Date: November 7

Starring: Joel McHale, Robin Williams, Lauren Graham, Tim Heidecker

This classic holiday tale of a couple traveling home to spend Christmas with a hilarious, misfit family. Only this version unfolds over eight fast-paced hours, within the confines of one automobile as the family rushes to save the day before sunrise. Uproarious comedians Joel McHale and the late, beloved, Robin Williams are the stars of this entertaining film.

FOXCATCHER

Genre(s): Crime, Action
Release Date: November 14

Starring: Steve Carell, Channing Tatum, Mark Ruffalo, Sienna Miller

This film follows the eerie and shocking true story of two Olympic wrestling champion brothers, pouring blood, sweat and tears into training with their eccentric and troubled coach. Terrifying and dramatic, this tale is ripe with conflict and suspense and filled with epic performances by serious acting talents.

THE HUNGER GAMES: MOCKINGJAY, PART 1

Genre(s): Animation, Comedy
Release Date: November 21

Starring: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth, Philip Seymour Hoffman

In the first of two final film installments of the decorated book series, we follow Katniss Everdeen as she reluctantly leads the tough and passionate district rebel fighters in a bloody uprising against the tyrannical and corrupt Capitol. Katniss struggles as she tries to keep her loved ones alive and bear the weight of the rebellion as she leads her people through a dangerous and uncertain war.

1 A

ESCOBAR: PARADISE LOST

Genre(s): Drama, Biography
Release Date: November 26

Starring: Benicio Del Toro, Josh Hutcherson, Brady Corbet, Claudia Trisac

The ancillary tale of one of the world's most dangerous and beloved criminals, this film follows a young surfing enthusiast to the oasis of Colombia's pristine beaches, where he revels in the tropical dreamscape of South America and falls in love with a beautiful local girl, who happens to be the niece of a murderous and powerful local political figure. As he gets more entangled with this perilous and captivating family, danger and intrigue ensue.

40mm

FILM



Enjoy November

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