

## No Shave November: Week 1 Update

Written by Whitney Noble

Saturday, 09 November 2013 12:23

---

Lees-McRae College's Athletic Department has joined the popular craze that is "No Shave November". Today marks the end of the contest's first week, and coaches along with administrators in the Bobcat athletic department are embracing the challenge.

The Bobcats' active participants are (from top left and rotating clockwise): Cross Country and Track and Field Coach Ley Fletcher, Cycling Coach Tim Hall, Men's Basketball Coach Steve Hardin, Assistant Athletic Trainer Bradley Huff, Vice-President of Athletics and Club Sports Craig McPhail, Sports Information Director Whitney Noble, Women's Soccer Coach Nick Whiting, Men's and Women's Tennis Coach Skylar Warren, Men's Soccer Coach Lee Squires, Men's and Women's Volleyball Coach Dave Schmidlin, Men's Basketball Assistant Brandon Rosser, and Director of Compliance Gene Renfro.

One of the key aspects of this ritual is to raise awareness for men's health.

Movember as it is called along with Noshember, started in Melbourne, Australia in 2004 where a group of 30 men organized an event and grew moustaches for 30 days in order to raise awareness for prostate cancer and depression in men. Later, they became known as the Movember Foundation charity. Since that time, Movember has raised \$299 million in global funds.

According to the American Cancer Society, one in six men in their lifetime could be diagnosed with prostate cancer. The society reported, "There are 238,590 new cases of prostate cancer in a year in the United States."

What are the Movember Rules? Number one, shave clean today. You must start with a clean shaved face on November 1st. Second, for the entire month of November, each "Mo Bro" must grow and groom a moustache. Third rule of Movember, you can't let your mustache join with your sideburns, that's considered a beard.

Fourth, which goes along with the third rule, no joining the handlebars to your chin, that's considered a goatee. And the last rule and most important rule in No Shave November, each man participating must conduct himself like a true gentleman.

As for No Shave November rules, they are similar, but instead you grow an entire beard and at the end of the November, you shave a unique mustache. On the No Shave November site, they say the goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free.

No Shave November would like to see men and women donate the money they usually spend on shaving and grooming for a month to educate about cancer prevention, save lives, and aid those fighting the battle.