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The Queen City Brew, Library Newsletter, Vol. 2, Issue 6, February 2006

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The Queen City Brew

Volume 2, Issue 6

February 2006

Official Newsletter of Johnson & Wales University's Charlotte Campus Library

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Skills to Succeed

New Books and Dvds

Food & Love

What is your idea of a perfect romantic meal? Is it candle-light, a fire in the fireplace with soft music in the background and great food on the table? The food plays an important part in the meal. Certain foods and ingredients are considered aphrodisiacs. According to the dictionary, an aphrodisiac is a food or drug that arouses sexual desire.



A variety of foods have been eaten through the years with some having more success than others in stimulating sexual desire. A sample of foods from an ancient list includes

basil, chocolate, figs, oysters and wine. Each of these foods is seen as an aphrodisiac.

Sweet basil may stimulate the sex drive and help boost fertility. This herb can also produce an overall sense of well being. Many times basil is used in Italian dishes.

The Aztecs recognized the potency of chocolate. Montezuma used to drink 50 cups of chocolate a day to serve the needs of his harem. Chocolate contains caffeine and theobromine which stimulates us as well as phenylethylamine, the same molecule that courses through our brains when we are in love. It is considered to be a mild aphrodisiac

Fresh figs are a small pear-shaped fruit when ripe are sweet and juicy. The fruit can be

Continued on page 3 >>>

Results of the General Library Survey

As most of you know, the library conducted a web-based survey of all students and faculty in the month of December. I wanted to share some highlights with you:

Students

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- We received 364 responses from students.
- 20% of all students come to the library once a day while 87% of all students come to the library *at least* a few times per month.
- In terms of resources, 88% of our students report using the online databases, 75% report using books in the library, and 41% report using conference rooms.
- 75% of all students have participated in a library instruction or information literacy session and 77% of those students agree or strongly agree that it provided them with valuable information.

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Results of the General Library Survey (Continued from page 1)

- Only 16% of students read the library newsletter.
- When asked what they like most about the library 87 responses were about the atmosphere and location. The second most positive number of comments, 61, were about the helpfulness and knowledge of the library staff.

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- Students did raise some concerns about the library's hours, however, the comments indicated that there was no absolute consensus as to when hours should be added if it were possible. There were several comments about evening hours, however, two things should be noted in this regard. One is that the library has extended its hours until 10 pm (perhaps some students are unaware of this) Monday Wednesday. We also added Saturday hours as well (at least one comment indicated a lack of awareness that we are open on Saturdays). In addition, the library staff takes head-counts on a regular basis to monitor library usage. These headcounts indicate that we are currently targeting the times where students most utilize the library (i.e. we are not typically experiencing groups of students waiting to get in when we open, being forced out near closing time, etc.). Please keep in mind that by targeting meaningful times we are able to provide the best possible service at the time when it is most needed.
- Another concern raised very clearly by students is noise. The biggest subcomponent of this was cell phone use in the library. 33 students commented that they were extremely frustrated and could not concentrate due to the number people taking calls in the library and the library computer lab. As a result, one action step has already been taken in this regard. A much stricter campaign to ban cell phone use in the library is currently underway.

Lastly, there still appears to be some confusion about the availability of the library instruction/computer lab. Room 436 in the Academic Center has been designated as the "always available" lab for students (within normal posted hours). While the library lab was built for instruction we decided to open it for student use when it is not being used for its intended purpose. This was done as an added convenience for students. Library instruction and information literacy sessions which take place in this lab are a critical component of a student's education at Johnson & Wales.

Faculty

- We received 23 faculty responses.
- 57% of the faculty report using the library at least a few times per month.
- In terms of resources 83% of faculty report using books from the library, 61% report using the online databases, 52% report using the journals/trade publications, and 48% report using videos.
- 78% of the faculty report that they read the library newsletter.
- 17 of the 19 faculty who commented noted the library staff when asked what they like most about the library.

Faculty really had no consensus as far as concerns. Some sampling of the comments included a complaint about noise and a need to get more students reading books for their own personal enrichment (i.e. not just when it is required).

The library committee is currently scheduled to meet on January 30^{th} (just before this newsletter is distributed). A discussion of this survey is on the agenda for this meeting. I hope to report back to you on some of the content from this discussion in March's newsletter.

Richard Moniz

Valentine's Day

- More than 36 million heart-shaped boxes of chocolate will be sold for Valentine's Day. A survey conducted by the Chocolate Manufacturers Association revealed that 50 percent of women will likely give a gift of chocolate to a guy for Valentine's Day. This survey also found that 64 percent of men do not make plans in advance for a romantic Valentine's Day.
- Valentine's Day is the fourth biggest holiday of the year for confectionery purchases (after Halloween, Easter and Christmas).
- American men say they'd rather receive chocolate than flowers on Valentine's Day, especially those over the age of 50.
 Sixty-eight percent of men age 50 or older say they'd prefer receiving chocolate over flowers from their sweetheart on Valentine's Day, while just 22% said they'd rather have the flowers.
- On February 14, 270 A.D., Roman Emperor Claudius II beheaded a priest named Valentine for performing marriage ceremonies despite the Emperors' decrees outlawing them.
- "Claudius the Cruel" outlawed marriages when Roman men began refusing to go to war in order to stay with their wives.
- Another Roman martyr named Valentine was jailed and passed the time by writing love letters to his captor's daughter, signed "Your Valentine".
- During the Middle Ages, Europeans believed that birds chose their mates each year on February 14. Legend has it that Europeans began to emulate the ornithological practice.
- It is believed that in the 17th century, lovers began exchanging mementos on Saint Valentine's Day, perhaps heeding the words of Shakespeare's Hamlet: "Sweets to the Sweet".
- A natural aphrodisiac? As an elixir for love, chocolate has been believed throughout history to bring smiles to the broken-hearted and to prompt amorous feelings in both men and women. It is believed that Madame Du Barry served it to all her suitors; Casanova consumed chocolate instead of champagne to induce romance; and Montezuma, the king of the ancient Aztecs, believed chocolate would make him virile. In the 1800's physicians commonly advised their lovelorn patients to eat chocolate to calm their pining.

Taken From: Candy USA. The National Confectioner's Association. 22 Jan. 2006 http://www.candyusa.org/default.asp

Food & Love

(Continued from page 1)

eaten in its entirety except for the stem. Figs are thought of as a sexual stimulant.

Oysters have been viewed as the ultimate aphrodisiac since the time of the Romans. They symbolize passion and virility when eaten on the half shell. In this case, oysters are low in fat and high in complex sugars and proteins. They also are loaded with zinc which enhances sexual performance.

A glass or two of wine can be the perfect beverage for a romantic meal. Wine relaxes us and helps to stimulate our senses. Be sure to drink only a moderate amount as too much alcohol can make you too sleepy.

In the end, aphrodisiacs may really be more folklore or symbols than actual science. Yet, many of these foods make for a very romantic meal with that special person.

Resources:

Encyclopedia of Food and Culture The Seduction Cookbook The Foods of Love Intercourses: An Aphrodisiac Cookbook "Aphrodisiac Foods" from www.gourmetsleuth.com

Jean Moats

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Uncle Sam Wants You... To use the research that your tax dollars are paying for!

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Quick, tell me where you can find the number of cattle on feed in the United States, foodservice sanitation standards and anything on wagyu beef! Stumped? Well, in addition to Facebook, comic book blogs and Kevin Federline's newest blockbuster (ugh), the Internet offers a world of reliable information you can actually **use** in your assignments. It's all at your fingertips- if you know where to look.

Government sources provide a wealth of information, particularly in the arts and sciences, business, and foodservice sectors. In fact, the federal government now publishes most government documents online to increase availability and save printing costs. In many cases, government agencies like the Census Bureau, Department of Agriculture, Department of Commerce, and Center for Disease Control are the only organizations gathering the detailed statistics that can help you drive home your point!

Christine Tran

U.S Census Bureau		
 County and City Databook Number and sales for retail and foodservice business by state, county and city Personal income and earnings by state and county Age, education, labor, housing, health and crime statistics to the county level TIP: You can get more detailed statistics on income, commute, job sector, etc. to the block level by running a customized search at www.census.gov. This information is extremely useful for developing business plans! 	www.census.gov/prod/ www/ccdb.html www.census.gov	
FoodSafety.gov: Gateway to Government Food Safety Information		
 Foodbourne pathogen fact sheets and resources Food safety and sanitation information by industry (ex. cruise ships, retail and food service) News and alerts Links to reliable resources and statistics 	www.foodsafety.gov	
U.S. Dept. of Agriculture		
 Nutrient profiles for 13,000 commonly eaten foods Nutrition guidelines and statistics Organic certification information Through the USDA Economic Research Service, statistics on food consumption, food prices, outlook reports and statistics for food commodities (beef, poultry, wheat, tobacco, etc.) Information and statistics on wagyu beef and the US/Japan Beef Trade Agreement 	www.usda.gov www.ers.usda.gov	
U.S. Dept. of Commerce- Economics & Statistics Administration		
 Monthly Sales for Retail and Food Services Monthly New Residential Sales and Construction Quarterly Retail E-Commerce Sales Quarterly Financial Report for Retail Trade Monthly Personal Income and Outlays 	www.economicindicator s.gov/	
National Center for Health Statistics		
 Obesity and weight statistics Drug use statistics Overall health statistics by ethnicity Health statistics by state 	www.cdc.gov	
Environmental Protection Agency		
• Fact sheets, statistics, glossaries, regulations, and publications all organized by issue (ex. acid rain, mercury, mold)	www.epa.gov	

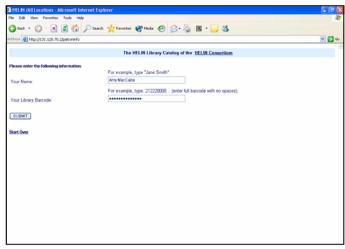
Never Late Again!

If you are familiar with the library's check-out policies, you know that books are loaned out to students for a duration of two weeks. Time and time again, however, many books are kept out longer than two weeks resulting in fines. At 50ϕ a day the monetary damage can add up quickly! If you need to keep your book(s) past the due date, renewals may be done in person, by phone, or directly through the library's online catalog. The library catalog, you say!?!?! Yes, that is correct! You can quickly and easily renew your books *yourself* online. Here's how:

- 1. Go to the library website (http://library.jwu.edu) and select "Library Catalog"
- 2. In the lower left hand corner of the screen select "Your Library Record"
- 3. Enter your name and your library barcode number (not your J number!) in the appropriate fields
- 4. Click on the link for items currently checked out
- 5. Select the items that need to be renewed
- 6. Lastly, select the "Renew Selected Items" button and locate the new due date

Amy MacCabe





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Steps 4-6

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What Your Chocolate Shape Says About You!

When you open a box of chocolates, is there a certain shape you pick first? It may be pre-destine, the chocolate you choose, because of your personality. Have a little fun and found out what your chocolate shape says about you.



Oval: You're creative, social, empathetic, sensual, fickle, and a daredevil

Round: You can be the life of the party, people pleaser, aesthetic, and superficial.

Square: You're dependable, honest, truthful, traditional, and detail oriented.

Diamond-shaped: You like to be pampered, cautious, and appreciative.

Rectangle: You are very loyal, stable, intellectual, modest, and romantic.

Triangle: You're a problem solver, high achiever, aggressive, and decisive.

Source: <u>Chocolate Shapes: The Key to Your Personality</u>. Couples Company. 15 Jan. 2006 <

http://www.couplescompany.com/Chocolate/Shape.htm>

Doreen Anglis

Dead Sea Scrolls

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The Dead Sea Scrolls are coming to Discovery Place in uptown Charlotte from February 17 – May 29, 2006. Tickets are on sale at Discovery Place at 301 North Tryon Street for \$20.00 or can be purchased online at

www.discoverscrolls.org/tickets or through Ticketmaster. The scrolls are presented by The Leon Levine Foundation in association with the Israel Antiquities Authority.

The Dead Sea Scrolls are the oldest surviving manuscripts of the Hebrew Bible known to Christians as the Old Testament. They are an amazing archeological discovery of the 20th century. Many of the scrolls in this exhibit have never been seen before in the United States. This is also the largest exhibit of the Dead Sea Scrolls ever presented outside of Israel. Along with the scrolls, artifacts from the ancient settlement of Qumran near the Dead Sea will be on exhibit. A list of the scrolls coming to Charlotte is available on the website along with a complete schedule of events throughout the area. For more information, log on to www.discoverscrolls.org.

Jean Moats

Skills to Succeed

In the library we have an array of books and movies. One that I have watched this past month is "Finding Your Future". This video explains the necessary skills that everyone can use as they enter the work place. It gives tips on time management, getting along with co-workers, and following through. One of the tips given was to be on time. The video emphasized how being even ten minutes late can throw off the schedule of every one else. For example, late employees can create a snowball affect of complaints and delays as the day goes on. As a culinary student in a real world situation, being late for work can cause many repercussions such as possibly making others get off late (when they have already worked a ten hour shift!). It could also set preparation time back and make everyone work that much harder. All of this can lead to a much more stressful working environment. I would recommend that we all work on these skills as we enter the workforce or if you are already in the field of your choice. Maintaining these skills will help us be successful.



Katee is the Student Assistant for the Charlotte Campus Library

Katee Stelzriede

New Arrivals: Books

Arts & Sciences

A Cure for Dreams

Argumentation and Debate: Critical Thinking for Reasoned

Decision Making

Classical Rhetoric for the Modern Student

Ellen Foster

Gilead

Mechanisms of Cognitive De-

velopment

Our Endangered Values

Race Manners (2 copies)

Rhetoric and Argumentation

Speaking Clearly

Speech Can Change Your Life

The Literary Animal

Thinking and Speaking

Tuesdays with Morrie

Washington's Crossing

Writing Arguments



Business

A Public Betrayed: An Inside Look at Japanese Media Atroci-

ties and Their Warnings to the West

Body Marks: Tattooing, Piercing

Business Rankings Annual, 2v Set (2006)

Choosing the Right Stocks

Directory: Apparel Specialty Stores

Directory: Buyers of Women's and Children's Apparel

Edith Head: The Life and Times of Hollywood's Celebrated

Costume Designer

Gianni Versace Marketing Livestock and Meat

In an Influential Fashion: An Encyclopedia of Nineteenth-

And Twentieth-Century Fashion Designers and Retailers Who

Transformed Dress Markets in Fashion

Now, Discover Your Strengths

Plunkett's Retail Industry Alamanac Guide

Retailisation: The Here, There, and Everywhere of Retail

Series 7 Securities Licensing Exam Review Exam Cram

The 2005 Restaurant Foodservice Market Research Handbook

The 2005 Retail Business Market Research Handbook

The Library of Open Air Shopping Center Forms Book and

CD ROM

The New English Dandy

The Undercover Economist: Exposing Why the

Rich Are Rich, the Poor Are Poor--And Why You

Can Never Buy a Decent Used Car!

Ultimate Book on Forming: Corporations, LLC's,

Sole Proprietorships, Partnerships

Donations from Crystal Dempsey, Charlotte Ob-

server

The Beauty of Color

Hip Handbags

Cool Hair

Funky Shui

Joseph Abboud Threads

Inventing Beauty

The Modern Girl's Guide to Life

The Swan Curriculum

Charmed Bracelets

Beauty Magic

The Body Art Book

Scaasi Women I Have Dressed

How to Be Lovely

Andy Warhol Fashion

Healthy Beauty

Heart & Sole

How to Make Your Man Look Good

Pure Skin

Fashion Illustration

The Swell Dressed Party

Simple Hospitality

Culinary

Atkins for Life

Babette's Feast

Baking for Dummies

Chef Daniel Boulud Cooking in New York City

Chocolate Fantasy

Cooking at De Gustibus

Culinary Mexico

Fast and Festive Meals for the Jewish Holidays

Figures in Marzipan

Food in the Social Order 2 copies

New Arrivals: Books

From Betty Crocker to Feminist Food Studies

Good to Eat: Riddles of Food and Culture

Guide to Healthy Eating for Kids

Harmony on the Palate

Kitchen Chemistry

Larry Powell's Big Book of Cake Decorating 2

copies

Lessons in Service from Charlie Trotter

Monumental Desserts

Programma

Rachael Ray 30 minute Get Real Meals

Slow Cooking in Crock-Pot, Slow Cooker, Oven

and Multi-Cooker

Sports Nutrition

Sweet Gold

Tampopo

Taste of Thyme: Culinary Cultures of the Middle

East 2 copies

The Essential Book of Jewish Festival Cooking

The Kosher Palette

The New Jewish Holiday Cookbook

The New Restaurant Entrepreneur

The Oxford Companion to Modern French Culture

The Regions of France: A Reference Guide to His-

tory and Culture

The Seasoning of a Chef

Vegetarian Journal's Guide to Natural Foods Res-

taurants

Donations from Kathleen Purvis, Charlotte Ob-

server

100 Ways to Be Pasta

1000 Italian Recipes

1000 Jewish Recipes

101 Money Saving Meals

101 Things to Do with a Potato

101 Things to Do With a Tortilla

A Baker's Tour

A Guide to Canning, Freezing, Curing & Smoking

Meat, Fish & Game

Against the Grain

Ajanta Regional Feasts of India

Alfred Portale Simple Pleasures

American Gold Medal Wines

American Home Cooking

American Vintage the Rise Of American Wine

Around the Table

Artisan Baking

Bake Me a Cake

Baking from the Heart

Barbarians at the Plate

Better Homes and Gardens Junior Cookbook for the Hostess

& Host of tomorrow

Better than Sex

Big-Time Barbecue Cookbook

Bill's Open Kitchen

Bills Food

Build a Better Burger

Calorie Queens

Carb Conscious Vegetarian

Celebrations Cookbook

Chef Gecko's Detective Handbook

Chef on a Shoestring

Chili from the Southwest

Classic Italian Jewish Cooking

Cocina

Cocktails 2005

Confessions of a French Baker

Cook Until Desired Tenderness

Cook What You Love

Cooking at Home on Rue Tatin

Cooking for a Crowd

Cooking Healthy With Soy

Cooking in the House Of Cash

Cooking with Convection

Cornbread Nation 3

Crave

Cuba Cocina: the Tantalizing World of Cuban Cooking

Cupcakes

Diabetes and Heart Healthy Cookbook

Diabetes Cookbook for Dummies

Dinner for Eight

Dishing

Don't Try This At Home (2 Copies)

Dorsset Inn

Dr. BBQ's Big-Time Barbecue Cookbook

Eating Crow

New Arrivals: Books

Eating Stella Style

El Farol: Tapas and Spanish Cuisine

Enoteca

Essentials of Cooking

Everyday Asian

Everything I Ate: a Year in the Life of My Mouth

Family Circle Eat What You Love and Lose

Feed Me I'm Yours

Fit Food: Eating Well for Life

Flavored Butters: Nuts, Dairy, Herbs, Fruit

Follow Your Heart Cookbook

Food FAQS: Substitutions, Yields & Equivalents

Food for the Soul

Food for Thought: How the Creators of Fuddruckers, Romano's Macaroni Grill and eatZi's built a

\$10 Billion Empire Fresh Every Day

From Curries to Kebabs: Recipes from the Indian

Spice Trail

From the Kitchen to Market

Galatoire's Biography of a Bistro

Gordon Ramsay Makes It Easy

Graceland's Table

Grilling and Barbecuing

Grilling for Dummies

Hadassah Jewish Holiday Cookbook

Healthy Kids, Smart Kids

Hidden Kitchens

Humble Pie

Italian Family Dining

Jane Goodall Harvest for Hope

Jewish Food: The World at the Table

Kinkead's Cookbook

Kosher by Design Entertains

Kosher By Design Kids in the Kitchen

Learning to Cook with Marion Cunningham

Low-Carb Vegetarian Cooking

Mangoes & Curry Leaves

Mastering Pasta, Noodles & Dumplings

McCormick & Schmicks Seafood Restaurant

Cookbook

Mom's Best One-Dish Suppers

Near a Thousand Tables: a History of Food

New Southern Baking

New Vegetarian Cooking

Not on Love Alone

Now You're Cooking Chef, Interrupted

Oz Clarke's Australian Wine Companion

Oz Clarke's New Essential Wine Book

Oz Clarke's Pocket Wine Guide 2004

Pasta Salad

Perfect Party Food

Picnics

Pizza

Plugged In: The Definitive Guide to the 20 Best Kitchen Ap-

pliances

POM (2 copies)

Practically Useless Information

Provence Harvest

Ouick Loaves

Real Men Cook: Rites, Rituals, and Recipes for Living

Recipes: A Collection for the Modern Cook

Reflections

Rita's Culinary Trickery

Rover's

Salad People and More Real Recipes

Saving Dinner for the Holidays (4 copies)

Saving Dinner the Low-Carb Way

Scotto Sunday Suppers and Other Fabulous Feasts

Searching For Dixie Barbecue (2 copies)

Sharing the Vineyard Table

Shut Up and Eat!

Simple Pleasures of the Kitchen

Simply Wine

Slow Cooked Comfort

Solo Suppers

Some Like It Hot

Somersize Appetizers

Somersize Cocktails

Sonoma: The Ultimate Winery Guide

Special Foods for Special Kids

Star Chefs on the Road

New Arrivals: Books

Sunday Suppers at Lacquers

Supermarket Confidential

Susanna Foo Fresh Inspiration: New Approaches

to Chinese Cuisine

Sweets

The 50 Dinner Party

The Amazing World of Rice

The Arabian Delights Cookbook

The Art of Aureole

The Art of Cookies

The Bar

The BBQ Queens' Big Book of Barbecue

The Beach House Cookbook

The Big Book of Easy Suppers

The Big Book of Low-Carb

The Book of Bourbon and Other Fine American

Whiskeys

The Bread for Live Diet

The Complete Muffin Cookbook

The Cuisine of California

The Entertaining Survival Guide

The Everyday Turkey Cookbook

The First Book of Vegetarian Cooking

The Garden Fresh Vegetable Cookbook

The Healthy Hedonist

The International Dictionary of Food and Nutri-

tion

The Italian Grill

The Joslin Diabetes Great Chefs Cook Healthy

Cookbook

The Low-Carb Comfort Food Cookbook

The Low-Carb Cookworx Cookbook

The Meaning of Food

The Michael Jackson World Beer Sampler

The Mixer Bible

The Naked Chef

The Naked Chef Takes Off

The New England Cookbook

The New Making of a Cook

The New Preserves

The New Vegan

The Niman Ranch Cookbook

The Pampered Chef

The Pancake Handbook

The Peanut Butter & Co. Cookbook

The Physiology of Taste

The Real Food Daily Cookbook

The Real Food Revival

The Rough Guide to London Restaurants

The Seduction Cookbook

The Shared Table

The Sourdough Bread Bowl Cookbook

The Spirited Vegetarian

The Surprising Power of Family Meals

The Ultimate Frozen Dessert Book

The Wine Club

Ultimate Guide to Buying Wine

Vegan World Fusion Cuisine

Vegetarian Times Complete Cookbook

Verdura: Vegetables Italian Style

Why Some Like it Hot

Wine Style

Yogi in the Kitchen

Your Shirt is Not an Oven Mitt!

Hospitality

Note: See Business and Culinary lists for reference and crossover titles

100 Best Spas of the World

2002 Hospitality Compensation and Benefits Survey

2005 Directory of Hotel & Lodging Companies

2006 Sports Business Resource Guide and Fact Book

Case Studies in Club Management

Case Studies in Commercial Food Service Operations

Case Studies in Front Office Management

Cases in Hospitality and Tourism Management`

Cases in Hospitality Management: A Critical Incident Approach

Cruise Ship Job in 14 Days: The Laser Strategy for Next

Generation Applying

Cruise Ship Squeeze: The New Pirates of the Seven Seas

Development and Growth of the Cruise Industry

Exotic Paradise: A Photographic Journey to the World's

Most Intriguing Resort Hotels

Fundamentals of Turfgrass Management

New Arrivals: Books & Video/DVDs

Golf and the American Country Club

Guide to Best Practices in Tourism & Destination

Management v.2

Heads in Beds: Hospitality and Tourism Market-

ing

Hospitality Sales and Marketing

Inside the Olympics: A Behind-the-Scenes Look at the Politics, the Scandals, and the Glory of the

Games

License to Deal: A Season on the Run with a

Maverick Baseball Agent

Managing Technology in the Hospitality Industry Plunkett's Airline, Hotel and Travel Industry Almanac

Quality Facility Management: A Marketing and

Customer Service Approach

Spa and Salon Alchemy

Spa Business Strategies

Spilling the Beans

Sport Facility Planning and Management

The Business of Event Planning: Behind the

Scenes Secrets of Successful Special Events

The Business of Sports Agents

The Cruise Ship Phenomenon in North America

The Gaming Industry: Introduction and Perspectives

The Ice Hotel

The Japanese Tea Ceremony

The Little Book of Cases in Hospitality Manage-

ment: Stories from Industry Practitioners

The PGA Tour: A Look Behind the Scenes

Trade Show and Event Marketing: Plan, Promote,

Profit

Understanding the Hospitality Consumer

Working on Cruise Ships

New Arrivals: Video/DVDs

Alton Brown DVD: 27 volume set

Chocolat

Espresso 101 Barista Training DVD

Scotland, PA

Soul Food

The Lost Episode Alton Brown