

1-1-2006

The Queen City Brew, Library Newsletter, Vol. 2, Issue 5, January 2006

Johnson & Wales University - Charlotte

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Johnson & Wales University - Charlotte, "The Queen City Brew, Library Newsletter, Vol. 2, Issue 5, January 2006" (2006). *JWU Library Newsletter - Charlotte Campus*. Paper 18.
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The Queen City Brew

Volume 2, Issue 5

January 2006

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

PLCMC & Charlotte Symphony

On December 5th and 6th we had a visit in our library from librarians based at the Public Library of Charlotte and Mecklenburg County (PLCMC). They were here once again to promote many of the excellent resources and services. While here, they also highlighted some things that might be of particular interest to our students including popular books, movies, and XBOX's. Many students stopped by to find out about the XBOX gaming nights, technology workshops, and other events which they facilitate. December 6th was even more special since they were also joined by a representative of the Charlotte Symphony Orchestra. The Symphony has generously provided all Johnson & Wales University students, faculty, and staff with a 50% discount on all shows this season. In addition, while here, they raffled off four free tickets. Both of these organizations excel at what they do and we were very excited to have them here. I especially hope that more of our students take advantage of both while they are in attendance at Johnson & Wales.



Richard Moniz

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The Start of a Beautiful Friendship

When in doubt of what to do outside of class, look no further than Tryon and Fifth! The Charlotte Symphony Orchestra (CSO) invites all Johnson & Wales students, faculty, and staff to enjoy great music at great prices only a few blocks from campus. The Symphony performs many Friday and Saturday evenings at the Belk Theater of the Blumenthal Performing Arts Center, which is within walking distance from JWU.

The CSO is offering tickets at half off to ANY and ALL CSO concerts for the remainder of the 2005-06 season, no strings attached. All you have to do is visit www.charlottesymphony.org for concert descriptions and schedules and then call the CSO Ticket Office at 704-972-2000 (Monday through Friday 10 AM to 5:30 PM) and request your Johnson & Wales 50% discount! Visa, MasterCard, and American Express are accepted.

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The Start of a Beautiful Friendship

(Continued from page 1)

CSO 101

- **Classics:** The Classics, The Charlotte Symphony's signature series, offers eleven weekends of outstanding performances with world-renowned soloists, such as young violinist Hilary Hahn and double bassist Edgar Meyer who has played and recorded with Bela Fleck.
- **Pops:** The Pops series brings you six weekends of the best of American music – from Broadway to Country to Jazz – with guests such as Pink Martini who recently appeared on the Conan O'Brien show, Glen Campbell, and jazz vocalist Carol Welsman.
- **Specials:** In addition to its series this season, the CSO is offering four spectacular one-night only concerts to showcase guest performers with the Charlotte Symphony, such as the annual Martin Luther King, Jr. tribute *Daybreak of Freedom* and teen vocal sensation Hayley Westenra.
- **Open Rehearsals:** In addition to the Classics concerts, experience the Symphony in a brand new way by joining CSO musicians as they rehearse. Open rehearsals offer a casual, behind-the-scenes look at the Symphony's creative process. They also allow the public to meet the musicians and guest soloists during the break over complimentary Caribou coffee and Great Harvest Bread Company sweets. They are one of Charlotte's best kept secrets and values!
- **Symphony 101 Talks:** These free, informal talks occur at 12:15 PM the second Monday of each month at the main library downtown with hostess, Anna Brock. Brock provides guests with an opportunity to learn more about the music performed by the Charlotte Symphony. Guests who attend will receive a 10% off coupon for any Friday evening Classics Concert. Guests may bring their lunch.
- **Neighborhood Concerts:** Under the artistic leadership of Music Director Christof Perick, Resident Conductor Alan Yamamoto, and Oratorio Singers of Charlotte Director Scott Allen Jarrett, the Neighborhood Concerts bring four outstanding musical programs to neighborhoods throughout Mecklenburg County and beyond. These intimate and informal concerts, encompassing three centuries of time-honored works for chamber orchestra, offer both the beginner and experienced concert-goers a memorable musical evening at an attractive price. Whether you live north, south, east, west, or in the heart of the City, Neighborhood Concerts bring the inspiration of Classical music to a neighborhood near you.
- **Lollipops:** About one hour in length on Saturday mornings, Lollipops concerts help young listeners age four to nine-years-old make friends with great music and the Orchestra. Pre-Concert Festivals begin at 10:00 AM in the lobby to nurture young people's interest in symphonic music through hands-on activities coordinated by the CSO Education Department. The Musical Petting Zoo sponsored by the Symphony Guild, Harmonious How-To's, a Pre School Station, and a Charlotte Symphony Ensemble are all a part of it!

Shannon Griffin
Public Relations Manager
Charlotte Symphony



Avoiding the Flu: Tips to Help You Make it Through the Season

So what can you do to avoid getting the flu? There are good prevention strategies to follow. If more of us put this advice into practice, we'll have a healthier university community.

Good Health Habits:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Discard your tissues.
- Clean your hands. Washing your hands often will help protect you from germs. Hand washing should last about 15 seconds.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Symptoms and treatment:

Flu is a viral infection that spreads in respiratory droplets caused by coughing and sneezing of an infected person. It usually spreads from person to person, though someone may become infected by touching something with virus on it and then touching their mouth or nose. Symptoms occur two to four days after infection and may include fever, chills, dry cough, nasal congestion, sore throat, head and muscle aches. A person may be able to infect others beginning a day before getting symptoms and up to 7 days after getting sick. It is possible to spread the flu virus to others without knowing you are sick.

For more information and treatment for flu symptoms, go to:

http://www.fda.gov/oc/opacom/hottopics/flu_facts.html

Doreen Anglis



Have You Ever Wondered Why...



Aye Matey! Ar' me need my earrings!

Ever wonder why pirates always wore earrings? Well, legend has it that they believed there were health benefits from wearing them. It wasn't the benefits of wearing gold and silver metals like you might think. Rather they believed piercing the ears helped better their eyesight. Sound hokey? Well, according to acupuncturists, the ears are a focus point on the body for the eyes. One acupuncturist even claims that "he has found nearsightedness and conjunctivitis to be conditions helped by acupuncture on the ear..." Current findings on this, however, claim that while there may be benefits from doing acupuncture on the ears, ear piercing has no long term effect on eyesight due to scar tissue build up after the initial piercing.

Don't double-dip in the buffet line!

Many states, including North Carolina, have a law in place which requires restaurant consumers to take a clean plate each time they enter a buffet line. By doing so, consumers are being protected from those nasty germs which could easily be transmitted from your dirty plate onto the serving utensils of the buffet. Even though this practice is common etiquette now days, it is not bound by law in all States.

Why do onions make us cry?

There's a logical answer for this question. Onions have a gas known as propanethiol S-oxide which comes alive when it is cut. This gas mixes with enzymes in the onion. A sulfur compound is created which then rises in the air mixing with the water in the eye to create a tearful sulfuric acid.

Curious to read more answers to pondering questions like these and others such as: what did liquor distilleries do during prohibition and why are there nine innings in baseball? Check-out the book, *How do Astronauts Scratch an Itch* by David Feldman for these answers and many more!

Source: Feldman, David. [How do Astronauts Scratch an Itch?](#) New York: G.P Putnam's Sons, 1996.

Amy MacCabe

Presidential Libraries - Preserving the Period

Politics aside, becoming president of the United States is quite an achievement. A lot of information passes across the desk of this individual and historical decisions are made with each stroke of the executive pen. In the spirit of preserving this information in a nonpartisan manner, the first of eleven Presidential Libraries was established over fifty years ago. These treasure troves of history are acclaimed worldwide, and continue to grow today under the watch of a special group of librarians.

The story is told that during his second term in office, President Franklin D. Roosevelt looked around at the vast quantities of papers and other materials he and his staff had accumulated over the years, and felt that these items rightfully belonged to the American people. He firmly believed that the records of his office should be open and accessible to the public. In the past, many Presidential papers and records had been lost, destroyed, sold for profit, or ruined by poor storage conditions. Some items were passed on to family members, but there was no plan or purpose to collecting and preserving key documents. On the advice of historians, librarians, and scholars President Roosevelt established the first public repository to preserve the evidence of the Presidency for future generations. He raised private funds to build the new facility that today welcomes students, scholars, and visitors to its special collection in Hyde Park, New York.

In 1955 Congress passed the Presidential Libraries Act (PLA), which established this system of privately built and federally maintained libraries. The amended PLA of 1986 made significant changes to Presidential Libraries, requiring that private endowments be linked to the size of the facility. And in 1995, President Clinton created a mandated review of classified documents older than 25 years so that more materials could be made available through the Freedom of Information Act.

US Presidential Libraries are not typical public libraries. They are more aptly described as archives, museums, and centers for public and educational programs. While they do house the documents and artifacts of a President and his administration, emphasis is placed upon presenting

materials to the public for study and discussion without regard for political considerations or affiliations.

Each Library offers programs for students as well as teachers, and highlights the use of primary source documents in learning and teaching history. Participants see things firsthand, rather than reading someone else's descriptions and interpretations.



Thanks to the staff at each of the Presidential Libraries, many of the materials are now accessible online. Event schedules, details about the collections, as well as digitized documents can be viewed at the individual Websites. Extensive links and resources for further study have been built around the time period of each Library. Take a tour and see for yourself, and remember to check the Presidential Libraries

the next time you are researching American history!

- Herbert Hoover Library in West Branch, Iowa
<http://hoover.archives.gov/index.html>
- Franklin D. Roosevelt Library in Hyde Park, New York
<http://www.fdrlibrary.marist.edu/>
- Harry S. Truman Library in Independence, Missouri
<http://www.trumanlibrary.org/>
- Dwight D. Eisenhower Library in Abilene, Kansas
<http://www.eisenhower.archives.gov/>
- John F. Kennedy Library in Boston, Massachusetts
<http://www.jfklibrary.org/>
- Lyndon B. Johnson Library in Austin, Texas
<http://www.lbjlib.utexas.edu/>
- Nixon Presidential Materials Staff
<http://nixon.archives.gov/index.php>
- Gerald R. Ford Library in Ann Arbor, Michigan
<http://www.fordlibrarymuseum.gov/>
- Jimmy Carter Library in Atlanta, Georgia
<http://www.jimmycarterlibrary.gov/>
- Ronald Reagan Library in Simi Valley, California
<http://www.reagan.utexas.edu/>
- George Bush Library in College Station, Texas
<http://bushlibrary.tamu.edu/>
- William J. Clinton Library, Little Rock, Arkansas
<http://www.clintonlibrary.gov/>

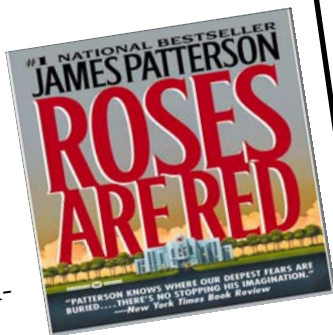
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Fabulous Fiction

Christine Tran

Roses Are Red James Patterson

In *Roses are Red*, psychologist-detective Alex Cross greets the birth of a son, expecting that the most terrifying moments of the year will involve mad dashes to the diaper pail. The Mastermind, Washington D.C.'s newest serial killer, has something else in mind. Kidnapping and killing families of bank executives, the Mastermind brilliantly evades capture. Cross' psychological insights are the last hope for catching the killer, but will his involvement tear apart the family he's fought so hard to build?



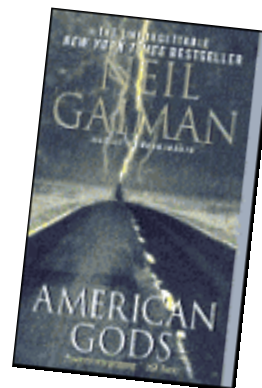
Mama Day Gloria Naylor

Mama Day explores the magical connection that binds the women of Willow Springs. A small island off the coast of Georgia, Willow Springs' initial residents were slaves who passed down magical traditions to their modern descendants. As a young woman, Cocoa left Willow Springs for New York City, determined to root herself in a world apart from the isolated island. When Cocoa returns to the island with her new love George, she is forced to accept the truth of her family's connection to the magical realm. Will Mama Day, the aunt "who can call up lightning storms and see secrets in her dreams" have the power to save Cocoa from another's dark curse?



American Gods Neil Gaiman

Neil Gaiman's *American Gods* sets out to answer the cosmic question we've all spent countless hours considering... what would happen if old-school gods like Odin and Thor faced gods like Technology and Media from the new school? Just released from prison, Shadow accepts a job as Mr. Wednesday's driver. Things heat up when Shadow realizes Mr. Wednesday is actually Odin, and he's placed himself in the center of the ultimate battle for America's soul. Taking readers on a dizzying tour of amusement park battlegrounds, Gaiman's brawl for it all combines the strategy of Sun Tzu and the best tongue-in-cheek moments of *Smack-*
down.



Some Thoughts About the Naming of Food and Dishes

What is in a name? What does a name tell you about a particular food or dish? Where do names of dishes and/or methods originate from? These questions are typical ones that a researcher might ask when searching for information beyond an actual recipe. Yet, finding answers requires some basic knowledge about how dishes are named and searching in numerous books.

Generally the names of the dishes follow a certain pattern of using the main ingredients plus the cooking method. For example, an entrée made with chicken, cashews and rice would be Cashew Chicken served over rice. This is a simple method to describe what is being served. It is also a practical idea as names help to distinguish one dish from another and keeps the guest or chef from having to describe all the ingredients. Instead, a dish is called by a certain name will be prepared in the same way.

Another practice is to name the dish or food after a certain place indicating an origin and/or style. Sometimes, these names clarify what is in the dish or even its origin, but often additional knowledge may be needed. For instance, Polish sausage would be sausage that was originally created in Poland. However, the name may be misleading as in the case of French toast. This dish of stale bread which is soaked in egg and milk mixture before being fried has an American origin. If the researcher wanted to find out more about the Polish sausage, the next step would be to look at Polish cuisine to see where sausages fit into the picture.

Yet, the answer is not always so clear. A dish made with chicken and spinach would be called Chicken Florentine. The term, Florentine, comes from Florence, Italy. But, why is spinach associated with Florence? More research is needed and even then the answer might not be found.

Dishes can also be named after people, either honoring the inventor, or a famous person or event of a particular period. Examples include Beef Wellington honoring the Duke of Wellington and sandwiches which were invented by the Earl of Sandwich. The next step would be to discover why the Earl of Sandwich invented sandwiches or why Beef Wellington is associated with the Duke of Wellington. There may or may not be answers to these questions.

Many times English names of foods are derived from other foreign languages. This practice accounts for irregular spelling in the English. Examples include strudel, fondue, goulash and blini. Thus the dishes themselves along with their names have been adopted with anglicized pronunciation.

To dissect classical dishes, a researcher or chef might refer to Le Répertoire de la Cuisine by Louis Saulnier. This book provides explanations of French culinary terms and classical recipes that cooks need to be familiar with.

It lists the dishes according to where they would be found in a classical menu. This book serves like a reminder guide for chefs so that dishes are consistently prepared in the same manner.

George Lang in his article, "The Répertoire and French Cuisine," (1976) writes about the origins of naming dishes. He mentions how some of the great restaurateurs and chefs use the naming of dishes as a form of self-advertisement. In order to let the world

know about the visit of a celebrity to their restaurant, the chef would name a dish after this person. Sarah Bernhardt, Sardou, Rossini and Verdi are just a few examples of celebrities who received such honors.

In the end, researching the names of dishes can provide not only information about the cuisine, but also the history of a particular time period. This knowledge enriches one's enjoyment of the food being prepared or served.

To learn more about the history of some dishes, check out these books in the library.

Barnette, Martha. Ladyfingers and Nun's Tummies. New York: ASJA Press, 2005. TX 349 .B354 2005

Katz, Solomon H., ed. Encyclopedia of Food and Culture. New York: Thomson Gale, Ready Ref. GT 2850. E53 2003

Larousse Gastronomique. New York: Clarkson Potter, 2001. Ready Ref. TX349 .L365 2001

Saulnier, L. Le Répertoire de la Cuisine. London: Leon Jaeggi ; Woodbury, NY: Barron's Educational Series, 1976. Ready Ref. TX 349 .S3

Voorhees, Don. Why Do Donuts Have Holes? New York: Kensington Publishing Corp., 2004. TX 355 .V667 2004

Jean Moats



New Arrivals: Books

Arts & Sciences

48 Days to the Work You Love
 6 Day Body Makeover
 A Man for All Seasons (3 copies)
 Bait and Switch
 Bartlett's Familiar Quotations
 Charms for the Easy Life
 Creating a Life: Finding Your Individual Path
 Encyclopedia of India (4 volumes)
 Encyclopedia of Religious Practices (2 volumes)
 Finding Your Own North Star
 Light From Heaven
 Rhyming Dictionary
 Teacher Man
 Team of Rivals
 The Total Money Makeover
 This Fine Place So Far From Home

Business

A Gun for Hire
 A Woman's Guide to Success: Perfecting Your Professional Image
 Advertising Without an Agency
 Balenciaga
 Bare Blass
 Beyond Business Casual: What to Wear to Work If You Want to Get Ahead
 Born to Buy
 Carolina Herrera: Portrait of a Fashion Icon
 Chanel
 Chanel: A Woman of Her Own
 Chicago's Pride: The Stockyards, Packingtown, and Environs in the Nineteenth Century
 Chicken: The Dangerous Transformation of America's Favorite Food
 Claire McCardell
 Copy This!: Lessons from a Hyperactive Dyslexic Who Turned a Bright Idea Into One of America's Best Companies
 Courreges

Cultural Intelligence: A Guide to Work and Life with People from Other Cultures
 Debut: Yves Saint Laurent 1962
 Directory: Leading Chain Stores
 Fashion Designers
 Generation RX: How Prescription Drugs Are Altering American Lives, Minds, and Bodies
 Genuine Authentic: The Real Life of Ralph Lauren
 Got Game: How the Gamer Generation Is Reshaping Business Forever
 Hiring the Best: A Manager's Guide to Effective Interviewing & Recruiting
 How to Start a Business in North Carolina
 Marc Jacobs
 Market Women: Black Women Entrepreneurs: Past, Present, and Future
 Mary McFadden High Priestess of High Fashion: A Life in Haute Couture, Decor, and Design
 Models of Proposal Planning & Writing
 New Retail
 Powerful Medicines: The Benefits, Risks, and Costs of Prescription Drugs
 Presidential Leadership: Rating the Best and the Worst in the White House
 Putting Meat on the American Table: Taste, Technology, Transformation
 Raf Simons redux
 Roberto Capucci: Timeless Creativity
 Shanghai Girl Gets All Dressed Up
 Slaughterhouse Blues: The Meat and Poultry Industry in North America
 Sole Proprietorship, 2nd Edition: Small Business Start-Up Kit
 Start Your Own Business
 Start Your Own Wedding Consultant Business
 Succeeding in Music: A Business Workbook for Performers, Songwriters, Agents, Managers, and Promoters with CDROM
 The Essential Corporation Handbook
 The Google Story
 The Meat You Eat: How Corporate Farming Has Endangered America's Food Supply
 The Music Business

New Arrivals: Books

The Skeptical Business Searcher: The Information Advisor's Guide to Evaluating Web Data, Sites, and Sources
 The Thames and Hudson Dictionary of Fashion and Fashion Designers
 Threads: My Life Behind the Seams in the High-Stakes World of Fashion
 To the Best of My Ability
 Training Design for the Hospitality Industry
 Ultimate Guide to Forming an LLC in Any State with CDROM
 Vault Career Guide to Media & Entertainment
 Veronica
 Vivienne Westwood
 Women I Have Dressed (and Undressed!)
 Yes Yes Y'All

Donations from the Urban Land Institute:

Casinos and Gaming
 Leadership Legacies
 Sporting Spaces vol. 2
 Sports Stadiums and Arenas
 Storefronts and Facades No. 7
 The Mom Factor: What Really Drives Where We Shop, Eat and Play

Culinary

A Baker's Tour
 A Survival Guide for Culinary Professionals
 Accounting for Taste: The Triumph of French Cuisine
 American Culinary Federation's Guide to Culinary Certification
 American Culinary Federation's Guide to Culinary Competitions
 America's First Cuisines
 An A - Z of Food and Drink
 Appalachian Home Cooking: History, Culture & Recipes
 Applied Math for Food Service
 Aquavit and the New Scandinavian Cuisine
 Armchair James Beard
 Artisanal Cooking
 BAM! Emeril Lagasse Biography

Best Food Writing 2005
 Bones: Recipes, History, & Lore
 Brazil: A Culinary Journey
 Cajun Foodways
 Candyfreak
 Charcuterie: The Craft of Salting, Smoking, and Curing
 Chocolate, chocolate
 Cornbread Nation 3
 Culinary Fundamentals
 Culinary Nutrition for Food Professionals
 Discovering Wine
 Emeril!: Inside the Amazing Success of Today's Most Popular Chef
 Everyone Eats 2 copies
 Fast Food Nation (2 copies)
 Fast Food Nation Book on CD
 Feast: Food to Celebrate Life
 Fields of Plenty
 Food a Culinary History
 Food and Judaism
 Food and Love
 Food Fight
 Food Politics
 Foods of Naples and Campania
 French Culture and Society
 Harvest for Hope: A Guide to Mindful Eating
 How We Eat
 Hungry Planet What the World Eats
 Mangoes & Curry Leaves
 Nobu Now
 Nobu the Cookbook
 Nutrition for Dummies
 Nutrition: Science and Applications
 Patsy's Cookbook
 Rachel Ray's Kid Food
 Raising Poultry
 Recipes for Reading: Community Cookbooks, Stories, Histories
 Saffron shores: Jewish Cooking of the Southern Mediterranean

New Arrivals: Books

Scott Conant's New Italian Cooking
 Simple Art of Marrying Food and Wine
 Something from the Oven
 Susur A Culinary Life
 Tapas: A Taste of Spain in America
 The Culinary Institute of America's Book of Soups
 The Fifth Taste: Cooking with Umami
 The Joy Diet
 The Prentice Hall Dictionary of Culinary Arts
 The Wine Lover's Dessert Cookbook
 Thirsty Work:
 When in France, Do as the French Do
 Why Some Like it Hot
 Windows on the World
 Wine for Dummies

Hospitality

A Gentleman's Guide to Toasting
 Corporate facility planning : an inside view for designers and managers
 Facilities planning : the user requirements method
 Fame and Fortune: How Successful Companies
 Family Reunion Handbook : A Complete Guide for Reunion Planners
 Financing Sport
 Global Training : How to Design a Program for the Multinational Corporation
 Managing relationship selling
 Media Relations in Sport
 Outfoxed: Rupert Murdoch's War on Journalism
 Practical guide to sales & marketing management
 Today's Public Relations: An Introduction
 Total Facilities Management
 Vision
 Wedding Parties and Showers : Planning Memorable Celebrations
 Weddings Southern Style

New Arrivals: Videos/DVDs

A Man for All Seasons
 America Eat's: History on a Bun
 Big Night
 Chocolat
 Eat Drink Man woman
 Julia Child Appetite for Life
 Knock Off Revenge of the Logo
 Modern Marvels: Las Vegas
 More America Eats
 The Road to Wellville
 Wine for the Confused
 Wolfgang Puck Recipe for Success
 The Designers DVD Series:
 Calvin Klein: An American Classic
 Giorgio Armani: Italian Master
 Donna Karan: Fashion Avenue Diva
 Karl Lagerfeld: Renaissance Man
 Vivienne Westwood: British Innovator
 Gianni Versace: Tragedy and Triumph
 Christian Dior: 50 Years of Style
 Halston: American Style
 Heavens To Betsy
 Givency: Timeless Elegance (2 copies)
 Christian Dior: A New Look
 Valentino: The Glamour
 Yves Saint Laurent: King of Fashion
 Ralph Lauren: The American Dream
 Michael Kors: An American Original
 Tom Ford: King of Cool
 Marc Jacobs: Downtown Darling
 Dolce & Gabanna: The Decadent Duo
 John Galliano: Fabric and Fantasy
 Bill Blass: An American Couturier
 Alexander McQueen: Britain's Daring Innovator
 Italy: A Family Affair
 London: City of Renegades
 American Branding
 Paris: Capital of Style
 The World's Greatest Designers: Paris