It’s Time For...

The Queen City Brew

It’s Time For...

It is hard to believe the Fall Term is almost over! Exams will be upon us in no time at all... During Exam Week, the Library will stay open a few extra hours to help you do your best. The Center for Academic Support will provide tutors, instructors will be here to help out, and light refreshments will be available.

- Study sessions will be available Mon/Tues/Wed 6-11 pm here in the Library. There will be advertised review sessions to cover the core classes, including math, science, etc.

- Additionally, instructors will be stopping by to provide assistance to students.

- There will be 1-5 tutors available at any time during the evenings of Mon/Tues/Wed that week. Here's a tentative tutoring schedule:

- CAS will print a 'bookmark' with specific times for each review (and we will have some in the Library!) so be sure to keep an eye out.

Come make use of the expanded Library hours, the added support. We look forward to seeing you!

- Valerie Freeman

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EXAM WEEK:

NOVEMBER 15—17, 2010

Fall has come! The leaves are starting to change color. The temps are cooler. Apples are in season. What do you like about this season?

Is it Halloween? Thanksgiving? Upcoming holidays? Fall Festivals? Or maybe just the cooler weather.

Whatever your favorite part of the season is, take the time, even just an hour or two here and there, to enjoy it. Take a book out to the fountains and read. Go for a bike ride or a hike. There are many opportunities around Charlotte to enjoy the seasons that this area is so well-known for.

- Valerie Freeman
As we race toward the completion of Fall Term and begin thinking about the winter holidays looming right around the corner, it is common for many of us to feel the burden of stress begin to take over our emotional well being. While stress is inevitable, you can structure your life in ways that can help buffer you from stress and stressful events. Begin with these few simple suggestions:

**Maintain a healthy diet** – Eat breakfast daily, carry a snack (trail mix, granola bars, or fruit/veggies) and water, and avoid junk food.

**Exercise regularly** – You don’t need to make a major lifestyle change to reap the benefits of regular exercise. Even going for a brisk walk a few minutes each day can help you feel calmer.

**Get enough sleep** – The body needs 7-8 hours of sleep per night. Fatigued people experience more moodiness, aggressive behaviors, burnout and more stress.

**Take power naps** - Studies show that 20 minutes of sleep in the afternoon can mean more patience, less stress, better reaction time, increased learning, and more efficiency.

**Power down the caffeine** – While caffeine can give your energy level a temporary jolt, this can be accompanied by a later crash that leaves you feeling completely drained.

**Get time away** – If you feel stress building, take a break. Take a stroll around the block, sit on a park bench, or spend a few minutes meditating. While exercise does wonders for the psyche, even finding a quiet place and listening to your iPod can reduce stress.

*And finally…* What better way to slow down and de-stress than to pick up a good book or put your feet up and watch a fun movie! The Johnson & Wales Charlotte Library has much more to offer than books about food, business, and hospitality. Come browse the shelves of the Percolator Collection at the library – books and DVDs available for your recreational reading and viewing enjoyment!

-- Becky Croxton

“I love sleep because it is both pleasant and safe to use”

- Fran Lebowitz
What do you do at JWU Charlotte?
I teach freshman composition and direct the Writing Center.

What is something that your coworkers would be surprised to find out about you?
I am the first person in my family to graduate from college. I have two younger sisters who also graduated with degrees in English.

What do you do for fun?
I sing in a choir, attend book club meetings and Broadway shows, volunteer with a fun group of parents/friends at my children's school, and research family history.

Name one place on earth you’d like to travel to, and why.
I’d like to travel to Europe so I could go on a genealogical tour of places my ancestors came from (Spain, Ireland, Scotland, and Germany are four that I know so far). I will have to wait until all three of my children graduate from college, however.

What do you like to read? Who is your favorite author?
I am trying to find time to finish reading the last two books in The Girl with the Dragon Tattoo trilogy, but my favorite author is Sue Monk Kidd, a Southern writer who is most well known for writing The Secret Life of Bees. I can't wait to read her new book! I met her at a National Writing Project course in Charleston. Learning how she writes her books was intriguing. She said that every time she sees something in an article or a picture that sparks her interest, she puts it into a notebook. Later on, when she's trying to decide what to write for her next book, she looks through her notebook for inspiration. I also like to read romances for fun during the summer since most of my reading for work is serious.

If you weren’t working in the field you’re in now, what would you be doing?
I would probably be a genealogist or someone who helps older people write their memoirs.
Crimes & Culinary Detectives

Check out these detectives who solve culinary murders.

**Dying for Chocolate** by Diane Mott Davidson

Goldy Bear, a caterer in Colorado, is shocked when her friend, Philip Miller, is killed. Can she figure out if it was an accident or murder while still keeping her catering business going.

**Death à l’Orange** by Nancy Fairbanks

Carolyn Blue, a food writer, is traveling with her family in France. But, murder shows up on the menu and Blue is off to investigate.

**Too Many Cooks Spoil the Broth** by Tamar Myers

Magdalena Yoder has turned her farmhouse into the PennDutch Inn. The guests are a varied group. Yoder is busy keeping everyone happy and then the first body turns up. What's next?

**Roux the Day: a Gourmet Detective Mystery** by Peter King

During a visit to New Orleans, the Gourmet Detective investigates not only Cajun and Creole food, but also a missing cookbook.

**Revenge of the Barbeque Queens** by Lou Jane Temple

Heaven Lee, a Kansas City restaurateur, is judging a barbeque contest. One contestant ends up dead, but who did it?

All of the books are available in the library.

-Jean Moats

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**Book Review:**

**Paris Fashion: A Cultural History**

*Call # GT 887 .S74 1998*

Steele’s “Paris Fashion: A Cultural History” is a detailed guide to the history of fashion from the Paris perspective. Realizing that other cities such as Milan, London, and New York have gained attention in the world of fashion, Steele delivers a compelling study as to why Paris after three centuries of major contributions to the fashion industry is still today the center of world fashion.

In her fourteen chapters, Steele covers topics such as the ups and downs of Paris fashion, Parisian types, from Hitler to Dior, and much more. Valerie Steele, the Chief Curator of the Museum at the Fashion Institute of Technology, reflects on the importance of modern attire throughout the world in correlation with the history of Parisian styles and design.

This is a guide for those interested in the reasons behind fashion design and history and the contribution of Paris to the fashion industry.

- Martha Parker
SPOTLIGHT ON: Rachel Zajaczkowski

What are you studying at JWU Charlotte?
-I’m getting my culinary arts degree, and I’d like to use it to become a food critic.

What is something that your classmates would be surprised to find out about you?
-I love to listen to music when I’m cooking, and I will sing and dance if I think no one is watching!

What do you do for fun?
-I like to bowl, spend time in the library, and wander the city.

Name one place on earth you’d like to travel to, and why
-I would love to travel to Rome, Italy to see all the historic monuments!

What do you like to read? Who’s your favorite author?
-I love to read comedy books, as well as historical fiction. My favorite authors are Anthony Bourdain, Terry Pratchett, and Janet Evanovich.

If you weren’t studying in the field you are, what would you be doing?
-If I wasn’t in the food industry, then I would be a forensic scientist!

LibAnswers

Have a Library question? Be sure to check out the new Library resource called LibAnswers! This is a database of frequent questions, as well as their answers. Browse other questions by subject, or search by question. If your question has not yet been answered, it will be emailed to the Library to be answered by the first available Librarian. Check it out at http://jwucharlotte.libguides.com/libraryresources

Did you know that the Library has a Facebook group? Be sure to ‘like’ the Johnson & Wales Charlotte Campus Library FB page and find out all kinds of useful things, including Library happenings, research tips, and more. Look us up on FB and see what we have to offer.
New Arrivals:

1,001 Letters for All Occasions: the Best Models for Every Business and Personal Need / Corey Sandler and Janice Keefe.

The 10 Best-ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious & What You Can Do To Change It / Margaret Wehrenberg.

100 Perfect Pairings: Small Plates to Enjoy with Wines You Love / Jill Silverman Hough.

101 Things I Learned in Culinary School / Louis Eguaras with Matthew Frederick

250 Gluten-free Favorites: Includes Dairy-free, Egg-free and White Sugar-free Recipes / Donna Washburn & Heather Butt.

The Amish Cook's Baking Book / Lovina Eicher with Kevin Williams


Artisanal Gluten-free Cooking: More than 250 Great-tasting, From-Scratch Recipes from Around the World, Perfect for Every Meal and for Anyone on a Gluten-free Diet—and Even Those who aren't / Kelli Bronski and Peter Bronski.


Beloved: a Novel / by Toni Morrison.

The Bizarre Truth: How I Walked Out the Door Mouth First-- and Came Back Shaking My Head / Andrew Zimmern.

Blood Meridian or, the Evening Redness in the West / Cormac McCarthy

The Blue Edge of Midnight / Jonathan King


Breaking Dawn / Stephenie Meyer.

Brunetti's Cookbook / Recipes by Roberta Pianaro; Culinary Stories by Donna Leon

Burned / P.C. Cast and Kristin Cast.

Cakes / by Bette Matthews.


Chocolates and Confections: at Home with the Culinary Institute of America / Peter P. Greweling.

Chop Suey: a Cultural History of Chinese Food in the United States / Andrew Coe.

The City Tavern Cookbook: Recipes from the Birthplace of American Cuisine / Walter Staib with Paul Bauer


Cool Cuisine: Taking the Bite out of Global Warming / Laura F. Stec with Eugene C. Cordero.

Corked: a Memoir / Kathryn Borel.

The craft of research / Wayne C. Booth, Gregory G. Colomb, Joseph M. Williams.
New Arrivals continued

Culinary Careers: How to Get Your Dream Job in Food with Advice from Top Culinary Professionals / Rick Smilow and Anne E. McBride.

Culinary Fundamentals / Johnson & Wales University, College of Culinary Arts.

DamGoodSweet: Desserts to Satisfy Your Sweet Tooth, New Orleans style / David Guas and Raquel Pelzel.

Dirt! the Movie / Common Ground Media, Inc. presents; a film by Bill Benenson and Gene Rosow

Divine by Blood / P.C. Cast.

Divine by Choice / P.C. Cast.

Drink This: Wine Made Simple / Dara Moskowitz Grumdahl.

Drumline

Eating: a Memoir / Jason Epstein.

Eating for Beginners: an Education in the Pleasures of Food From Chefs, Farmers, and One Picky Kid / Melanie Rehak.


Escoffier: the King of Chefs / Kenneth James.

The Essential Guide to Business Etiquette / Lillian Hunt Chaney and Jeanette St.Clair Martin.

Every Day / Bill Granger

Executive Privilege / Phillip Margolin.


Extending the Table: a World Community Cookbook / Joetta Handrich Schlabach, Kristina Mast Burnett, recipe editor.

The Face on Your Plate: the Truth about Food / Jeffrey Moussaieff Masson.


Food and Feasting in Art / Silvia Malaguzzi; translated by Brian Phillips.


Food Design XL / Sonja Stummerer & Martin Hablesreiter.

Food for Thought: the Stories Behind the Things We Eat / Ken Robbins.

Galatoire's Cookbook: Recipes and Family History from the Time-honored New Orleans Restaurant / Melvin Rodrigue with Jyl Benson.

The Gastronomica reader / edited by Darra Goldstein.

Goddess of Light / P.C. Cast.

Goddess of Love / P.C. Cast.

Goddess of Spring / P.C. Cast.

Goddess of the Sea / P.C. Cast.

Gorgeous Vegetables / Annie Bell
New Arrivals continued

Gourmet Game Night: Bite-sized, Mess-free Eating for Board Game Parties, Bridge Clubs, Poker Nights, Book Groups, and more / by Cynthia Nims.

Health and Wellness Tourism / Melanie Smith


Hot and Hot Fish Club Cookbook: a Celebration of Food, Family, & Traditions / Chris and Idie Hastings with Katherine Cobbs.

The Hunt Club / John Lescroart.

Ice cream: the Delicious History / Marilyn Powell.

In-N-Out Burger: a Behind-the-Counter Look at the Fast-Food Chain that Breaks All the Rules / Stacy Perman.

In the Green Kitchen: Techniques to Learn by Heart / Alice Waters

Insatiable / Meg Cabot.

The Invincible Iron Man. [Vol. 1], The Five Nightmares / Matt Fraction


Just Food: Where Locavores Get It Wrong and How We Can Truly Eat Responsibly / James E. McWilliams.

The Kentucky Bourbon Cookbook / Albert W.A. Schmid

Knives at Dawn: the American Quest for Culinary Glory at the Legendary Bocuse d'Or Competition / Andrew Friedman.

Lifetime Encyclopedia of Letters / Harold E. Meyer.

The Local Food Movement / Amy Francis,

Marvel Masterworks: The Amazing Spider-man. vol. 1 / Stan Lee,

Meat Science and Applications / edited by Y.H. Hui ... [et al.].

More-with-Less Cookbook / Doris Janzen Longacre


Negotiating Academic Literacies: Teaching and Learning Across Languages and Cultures / edited by Vivian Zamel, Ruth Spack.


The New Whole Foods Encyclopedia: a Comprehensive Resource for Healthy Eating /Rebecca Wood

The New Wine Lover's Companion / Ron Herbst and Sharon Tyler Herbst.

Of Sugar and Snow: a History of Ice Cream Making / Jeri Quinzio.

Organic Food and Farming / Lauri S. Friedman

Ottolenghi: the cookbook.

The Perfect Wedding Cake / Kate Manchester

Peterson's Happy Hour: Spirited Cocktails and Helpful Hints to Brighten Daily Life / Valerie Peterson.

A Pint of Plain: Tradition, Change, and the Fate of the Irish Pub / Bill Barich.
New Arrivals continued

The Pleasures of Cooking for One / Judith Jones.

Precious Cargo: a Novel of Suspense / Clyde Ford.

Pressure cooker [videorecording] / Participant Media presents; a Non Sequitur production ; produced by Jennifer Gransman

The Princeton Encyclopedia of the World Economy

Professional Cooking / Wayne Gisslen

Radical Equations: Civil Rights from Mississippi to the Algebra Project / Robert P. Moses and Charles E. Cobb, Jr.

Save the Deli: In Search of Perfect Pastrami, Crusty Rye, and the Heart of Jewish delicatessen / David Sax.

Service and the Art of Hospitality: Creating a Dining Experience / Johnson & Wales University, College of Culinary Arts.


Sugar : a Bittersweet History / Elizabeth Abbott.

Swan Peak: a Dave Robicheaux Novel / James Lee Burke.

Tana's Kitchen Secrets / [Tana Ramsay].

Taste of Venice.

Their Last Suppers: Legends of History and Their Final Meals / Andrew Caldwell.

Warrior Rising / P.C. Cast.

Why Italians Love to Talk about Food / Elena Kostioukovitch

Wine Bar Food: Mediterranean Flavors to Crave with Wines to Match / by Cathy and Tony Mantuano

Wine Drinking for Inspired Thinking: Uncork Your Creative Juices / by Michael J. Gelb.
