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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 *(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.
- 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 headcounts 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 30th (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.

Food & Love

(Continued from page 1)

- 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

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

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

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

<table>
<thead>
<tr>
<th>U.S Census Bureau</th>
<th><a href="http://www.census.gov/prod/">www.census.gov/prod/</a></th>
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<tbody>
<tr>
<td>County and City Databook</td>
<td><a href="http://www.ccdb.html">www.ccdb.html</a></td>
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<tr>
<td>• Number and sales for retail and foodservice business by state, county and city</td>
<td><a href="http://www.census.gov">www.census.gov</a></td>
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<tr>
<td>• Personal income and earnings by state and county</td>
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<tr>
<td>• Age, education, labor, housing, health and crime statistics to the county level</td>
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<tr>
<td>TIP: You can get more detailed statistics on income, commute, job sector, etc. to the block level by running a customized search at <a href="http://www.census.gov">www.census.gov</a>. This information is extremely useful for developing business plans!</td>
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<tr>
<th>FoodSafety.gov: Gateway to Government Food Safety Information</th>
<th><a href="http://www.foodsafety.gov">www.foodsafety.gov</a></th>
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<tbody>
<tr>
<td>• Foodbourne pathogen fact sheets and resources</td>
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<tr>
<td>• Food safety and sanitation information by industry (ex. cruise ships, retail and food service)</td>
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<tr>
<td>• News and alerts</td>
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<tr>
<td>• Links to reliable resources and statistics</td>
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<th>U.S. Dept. of Agriculture</th>
<th><a href="http://www.usda.gov">www.usda.gov</a></th>
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<tr>
<td>• Nutrient profiles for 13,000 commonly eaten foods</td>
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<td>• Nutrition guidelines and statistics</td>
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<td>• Organic certification information</td>
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<tr>
<td>• Through the USDA Economic Research Service, statistics on food consumption, food prices, outlook reports and statistics for food commodities (beef, poultry, wheat, tobacco, etc.)</td>
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<tr>
<td>• Information and statistics on wagyu beef and the US/Japan Beef Trade Agreement</td>
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<th>U.S. Dept. of Commerce- Economics &amp; Statistics Administration</th>
<th><a href="http://www.economicindicators.gov/">www.economicindicators.gov/</a></th>
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<tr>
<td>• Monthly Sales for Retail and Food Services</td>
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<td>• Monthly New Residential Sales and Construction</td>
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<td>• Quarterly Retail E-Commerce Sales</td>
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<td>• Quarterly Financial Report for Retail Trade</td>
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<tr>
<td>• Monthly Personal Income and Outlays</td>
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<th>National Center for Health Statistics</th>
<th><a href="http://www.cdc.gov">www.cdc.gov</a></th>
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<td>• Obesity and weight statistics</td>
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<td>• Drug use statistics</td>
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<td>• Overall health statistics by ethnicity</td>
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<td>• Health statistics by state</td>
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<th>Environmental Protection Agency</th>
<th><a href="http://www.epa.gov">www.epa.gov</a></th>
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<tbody>
<tr>
<td>• Fact sheets, statistics, glossaries, regulations, and publications all organized by issue (ex. acid rain, mercury, mold)</td>
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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 50¢ 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
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.


Doreen Anglis

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Dead Sea Scrolls

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

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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 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 Development
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 Atrocities 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 Observer**

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 History and Culture
The Seasoning of a Chef
Vegetarian Journal's Guide to Natural Foods Restaurants

Donations from Kathleen Purvis, Charlotte Observer
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)
Dorset 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 Appliances
POM (2 copies)
Practically Useless Information
Provence Harvest
Quick 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 Nutrition
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
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 Marketing
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 Management: 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