



BayLeaf

Waycross College Library

Volume 9 Issue 1



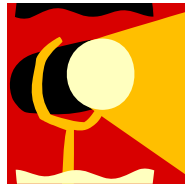
Fall 2009

Lamb with Bay and Lemon

- 4 lamb chops
- 1 Tbsp corn oil
- 1 Tbsp butter
- 2/3 C white wine
- 2/3 C lamb or vegetable stock
- 2 bay leaves
- Pared rind of 1 lemon
- Salt and pepper

1. Carefully remove the bone from each lamb chop, keeping the meat intact or ask the butcher to do it for you.
2. Shape the meat into rounds and secure with a length of string
3. Heat the oil and butter together in a large skillet until the mixture begins to froth.
4. Add the lamb noisettes to the skillet and cook for 2-3 minutes on each side or until browned all over
5. Remove pan from heat. Remove meat from pan then drain off all of the excess fat and discard. Return the meat to the pan.
6. Return pan to heat. Add wine, stock, bay leaves and lemon rind and cook for 20-25 minutes or until the lamb is tender. Season the lamb and sauce to taste with a little salt and pepper.
7. Transfer to serving plates. Remove the string from each noisette and serve with the sauce.

This and other great recipes can be found in the *Greatest Ever Low Carb* cookbook offered by Parragon Publishing. Waycross College Library has many more cookbooks to offer its patrons as well so come in and take a look!



Web Site Spotlight

Waycross College Library is pleased to announce a free subscription to *American History in Video* by Alexander Street Press. A link to this database is available on the patron computers in the library.

"*American History in Video* provides the largest and richest collection of video available online for the study of American history, with 2,000 hours and more than 5,000 titles on completion. The collection allows students and researchers to analyze historical events, and their presentation over time, through commercial and governmental newsreels, archival footage, public affairs footage, and important documentaries. This release now provides 1,479 titles, including new documentaries from PBS and archival footage, equaling approximately 462 hours."

Also, visit Flu Info at Ebsco for important up-to-date H1N1 information. This link is available on the library homepage:

<http://www.ebscohost.com/flu/>

"Due to Pandemic H1N1 Influenza and concerns about the 2009/2010 flu season, the EBSCO Publishing Medical and Nursing editors of *DynaMed™*, *Nursing Reference Center™* (NRC) and *Patient Education Reference Center™* (PERC) have made key influenza information from these resources freely available to health care providers worldwide."

Waycross College Library Hours of Operation

M- Thur	7:30am-8:30pm
Fri	7:30am-5:00pm
Sat	CLOSED
Sun	2:00pm-6:00pm



Please excuse our mess!

Waycross College Library is getting an exciting new look! We are temporarily located in Room 207-A, the former ASC office. While the shelving area is closed to all but library staff due to the construction, please know that we will be happy to retrieve any items held in that area for you. In a hurry? Send an email to Patricia Hope at phope@waycross.edu prior to your arrival and we can have the materials waiting for you. The construction is expected to last throughout the Fall semester so the New Year will ring in the new look!

New Students!

Remember to get your student ID card from Nancy Allen in Student Services in the Dye Bldg. This serves as your library card.

Recent Book Arrivals

The Intention Experiment: Using Your Thoughts to Change Your Life and the World

by Lynne McTaggart

This book is about how intention works, how it can be used, and how to optimize its effects in your life. The final chapter has Intention Exercises to develop mindfulness, to encourage a sense of universal compassion, and to practice visualizing. The writer has a website where the reader can participate in remote experiments: www.theintentionexperiment.com.

The Physick Book of Remembrance Dane by Katherine Howe

The author of this historical fiction is a descendant of Elizabeth Proctor and Elizabeth Howe. Elizabeth Proctor survived the Salem witch trials of 1692 while Elizabeth Howe was executed. Deliverance Dane was a defendant in the trials. The protagonist in this novel is Connie Goodwin, a Harvard postgraduate student and the setting is Massachusetts in 1991. Connie's quest is to find out who Deliverance Dane was and to unearth an artifact, a physick book. Her mission intertwines with the lives of the women accused of witchcraft during the Salem witch trials and becomes a research project for her Harvard doctoral degree.

The Angel's Game by Carlos Luis Zafon

The setting of this gothic novel is Barcelona in the 1920s. The protagonist is a struggling writer, David Martin, who feels betrayed by his friend Pedro Vidal and the love of his life, Cristina. He is commissioned by a mysterious publisher to write a book that will be the basis of a new religion. The moment he agrees to work for this publisher, strange things start happening including a mysterious fire at his former publishing company which causes injury to one of his previous publishers and death to another.

Signing their Lives Away: The Fame and Misfortune of the Men Who Signed the Declaration of Independence by Denise Kiernan and Joseph D'Agnese

This book gives biographical sketches of all 56 men who signed the Declaration of Independence. There are very interesting subtitles for each signer. For example, there is John Penn: The Signer Who Taught Himself How to Read and Write and Thomas Stone: The Signer Who Died of a Broken Heart.

The Disappearance by David Hanks

This is a fictionalized account of the real life murder of Hellen Hanks in 1972. She was a wife and mother of 3 living in the South Georgia community of Morven when she disappeared from her job in Lowndes County, Georgia. The author, son of Mrs. Hanks, describes his recollections of the day his mother disappeared, the discovery of her body in a field outside of Valdosta and the time of her trial in Lowndes County.

Coming Soon:

The Lost Symbol by Dan Brown

The Last Song by Nicholas Sparks

True Compass by Edward Kennedy