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Spilled Milk

Spilled Milk, Episode 103. Published on October 31, 2013, the speakers talked about Halloween candy and their favorite kind of Halloween candy and what they remember when they were kids. It is in twenty minutes long.

Matthew and Molly are the hosts and they kept the conversation between them entertaining and lively. They discussed all the different Halloween candy that was going to be passed out that night, and they even tried some of the popular ones that most people had and ones that have changed or that they have never heard of. They tried a few ones and gave a brief explanation on what it tasted like or what kind of candy it reminded them of when they were kids. They described some of the things that they were when they were kids and what they did when they went trick-or-treating, the things they dressed up like, and what kinds of candy that they got.

What drew me in was the summary. After reading it, I thought it was interesting so I watched it and I enjoyed it.

While listening to Matthew and Molly talk about the candy I learned that Necco Wafers don't taste too good according to them. As I listened to the podcast, what appealed to me, was when the hosts tried the popular candy that they were talking about and they explained what they liked about it

and what they didn't. They also talked about what the candy they got, the Halloween costumes compared to then and now, and some of their favorite candy bars from "back in the day".

It was fun and entertaining but not very informative unless you were really wondering what Halloween candy was better than others and what some tasted like. The hosts were upbeat and had fun telling about past Halloween experiences, what they did as kids, and trying some of the now popular candy being handed out.

Nutrition Diva

On October 22, 2013, the Nutrition Diva wrote a segment on Carob Vs. Chocolate in a short six minute episode that was full of information.

Monica Reinagel talked about the differences of carob and chocolate. She talks about the nutritional differences, the health benefits of both that they each had, if chocolate does cause headaches, and which one was healthier and which one could be the better option. Carob is used for cooking purposes whereas chocolate is used for cooking and eating and you wouldn't want to eat carob plain.

I love chocolate and I have never heard of carob and I was interested to know how it compares and what the differences were between the two of them.

What I learned was that carob is a primary substitute of cocoa and it doesn't contain any caffeine or theobromine, a natural ingredient found in chocolate, and it doesn't contain stimulants. Plain carob is lower in fat, but significantly higher in carbohydrates and sugar. The only real thing that carob and chocolate have in common, is the color. Other than that, there really is no similarities. It was interesting hearing what carob was and what the differences were and how it compared to your average

chocolate bar that you can get at the store. It was also interesting to learn about some of the health benefits of both of them.

It was very informative and Monica talked in a serious voice and was more “here are the facts”. It could have been a little more upbeat and positive, but overall the information was interesting and it was good.

The Splendid Table

The Splendid Table talked about a cook book *Not Your Typical Cookbook: Photos, Illustrations, and The Meaning of Life* in a six minute podcast.

Lynne Rossetto Kasper interviews Todd Shelby to explain why he came up with the idea to come up with the book he published. In the cookbook, Shelby asked chefs all around the world questions and had them write down their answers instead of him just writing them, typing them, and then putting them in a book. Inside the cookbook there are still lifes, illustrations, interviews, and hand-done recipes from the chefs themselves. Some had pictures of what their recipes are, while others just had words. One question that he asked them was “what is the meaning of life?”

The title caught my eye and I wondered what really was so different about this cookbook. Then I saw the picture and it looked intriguing and I noticed that it wasn’t just like ordinary cookbooks.

It was interesting to read Todd Shelby’s insight as to why he made the cookbook the way that he did. He made it that way because he was looking for a way that the chef could directly communicate directly with the reader. It was also interesting that Shelby had it published with the chefs writing.

There was a lot of information on the thought that went behind the editing. It was appealing to hear about some of the chefs and their technique in cooking different recipes. It was also interesting to hear the thinking that went behind it and why Shelby chose to just edit it with the chefs handwriting.

Secret Kitchens

The Kitchen Sisters at NPR discuss the *Birth of Rice-A-Roni: The Armenian-Italian Treat* on July 31, 2008 in a ten minute interesting podcast.

It was an interview and history on how Rice-A-Roni started and became a big thing. It was a discussion how Tom DeDomenico started making the rice and his business and how he came up with the idea.

The old picture that they had and the brief description looked and sounded interesting and I love history so it was neat to learn some history behind how Tom went from nothing to a big business that he and his wife built themselves.

While listening to the podcast, I learned that Tom was inspired to make the popular side dish in the 1940's. He also gave Kraft Macaroni and Cheese a run for their money when it started in the 1950's. It was interesting to hear that when Tom and Lois DeDomenico moved in with Mrs. Captanian, she first taught Lois, the wife, how to make Armenian Pilaf, and that inspired Rice-A-Roni.

It was a little confusing listening to the different voices and trying to keep them straight and to line them up with their names. I would change having them more organized and straight so you can pick out who is who and have it go in order rather than jump around.

Pee Dee Foodie

On the Pee Dee Show they did a twenty-seven minute podcast called *SMAC(K) Me Silly! Gourmet Mac and Cheese is Rolling into Florence* on October 16, 2013.

Kevin Barron was the host and he was doing an interview of Joe and Kasey. It was fun and entertaining and they explained how Smokey Butts started. The purpose of the podcast was to get to

know more about how it started and more about the owners. It was upbeat and fun. They also discussed how it got its name and the things that they do and some of the things that they cook.

The word Mac and Cheese caught my eye and it sounded interesting. When I listened to it, I was entertained and enjoyed it.

I learned that North Carolina has a lot of BBQ, which I didn't before. What was interesting, was that Smokey Butts gives 10% to ministries to help with those who are struggling.

It was a little slow and more joking around and talking with good friends rather than being informative.

Japan Eats

In Japan Eats, Maricus Lovitt, talks to the man who created the website named, *25 Cafes* on September 4, 2013 in a thirty minute podcast

The host was Maricus Lovitt and he does an interview with Brad Stephenson and they talk about a website that Brad has created to have reviews of the different restaurants that are in Japan. He looks for a non-smoking atmosphere, the quality of the coffee, and the different trends in the cafés. There are many interesting café's that are used more for sight-seeing and for gaining a cool experience while in Japan.

I chose this podcast because it just had the name *25 Café's* and I was curious as to what the 25 cafés were and what was interesting about them and what was different compared to other cafés

In the Nosey Café, they specialize in coffee whereas other places just make it like you would at home and many don't know how to make it and don't know much about it, with the Nosey Café, they roast their own coffee beans and Brad suggested that if you wanted to get a good cup of coffee, go there. Many of the cafes that they were talking about were interesting. One interesting one is called the

Cat Café. They have cats that you can pay to feed cats chicken. They had to make a law that it had to close at five for the health of the cats. It was open all day and all night and the cats were becoming stressed out. So for the safety of the cats, they had to make that law. There is another café where there are eagles and owls. You can bring your owl or you can bring your eagle. There was even a box eagles that you could buy.

It was very informative and helpful if someone were to go to Japan to visit and wanted to know some of the interesting things that Japan has to offer. It is also helpful if they are looking for a good café and weren't sure which one to go to.

Table to Farm

In the podcast Table to Farm the hosts talk about Coca-Cola cake on April 1, 2013 and talk to two different people and get their point of view on the soda tax in a thirty-two minute video.

Hosts, L.V. Anderson and Dan Pashman do an interview with Dr. Brownwell, a professor of psychology at the Yale University, about obesity being a major public health problem. They talk about soda taxes and how they are ineffective to those around the world and it is unfair to those who are contributing to the problem. Deal with obesity with compassion just like alcoholism. Daniel Ehgber on the other hand, doesn't agree and things that it isn't just soda that is making people obese. Some people that are overweight are healthy and don't have high blood pressure and their metabolism is fast. Some skinny people are very unhealthy but just don't show it.

Sugary drinks are the top enemy food of the food chain. Even salty snacks have a little nutrition to them while soda has absolutely no nutrition at all. The caffeine IS an addictive substance. They suggest taking food that you are making, find out where it comes from and the nutrition value.

It was very informational and they didn't just say obesity was a problem, but went into detail and they went into the psychology point of view of it and why people choose the sugary snacks rather than something healthy. They talk about the conscious and unconscious food decisions that we make.

Out Loud: If Food Could Talk

I listened to the podcast If Food Could Talk by Out Loud. It was published on November 26, 2012 and is twenty minutes long.

Hosts Amelia Lester and Sasha Weiss do an interview with Calvin Trillin to talk about his book about eating. It is meant to show why he wrote the book and to talk about current eating trends and what food says about our culture. With all the different types of food around us, our culture had to be influenced by something. The Immigration Act was seen as a bad thing at the time and no one really like it. Looking back, Calvin Trillin, shows that it was a good thing and says that because of that, food was revolutionized. Not only does he talk about food becoming revolutionized, but he talks about the different restaurants that he has been to and the different culture seen there. Trillin talks about some of the things he notices and what he looks for when he goes to these different places.

Scrolling through, the title caught my eye and looked intriguing. When I listened to it, I was entertained and thought it was interesting how food has been revolutionized throughout the years. With all the influences of different cultures, it is interesting to listen to some of the influences that they have had.

The Immigration Act of 1965 brought, not just different cultures and different people, they brought with them new foods. Italians brought over the best Italian food, because they are from Italy and that is what they make. Mexican food was actual Mexican food and not the Americanized kind. It was also interesting to learn that because of the Act of 1965, it revolutionized eating in America and there was more ethnic food.

It was interesting to learn of the way things have changed and the ways that cooking is different. It showed how food went from just being American food and the American version of Mexican food and Italian food to being more ethnic.

The Sporkful

Count Chocula, Franken Berry, and Boo Berry Analyzed and Reviewed on The Sporkful was published on October 21, 2013 in a thirty-five minute podcast.

Dan Pashman, the host, does an interview with Greg Bensinger, part of the Wall Street Journal, about the crazy hoarding that goes on around Halloween when the Count Chocula, Franken Berry, and Boo Berry cereals come out. Many people hoard them and collect them. It comes out once a year and because of the love of them, people go crazy and buy tons of boxes and keep them. One lady that they talked to had twenty-five boxes and was still continuing to buy them. Pashman and Bensinger talked about the different kinds and the ones that they had as kids. They talked about their favorites and how they have changed over the years.

As a child, I have never had the cereal because my mom was against sugary cereal, so I was intrigued and curious as to what others had to say about them and what they thought of them.

The cereal came out in the 70's, but in 2010, General Mills came out and said that it would only be sold once a year for a short window of time, since then, when they come out, people collect as many boxes as they can to last them throughout the year. When that short window opens up again, the craziness continues and the hoarding begins. What was interesting to me, is that people love it so much and are so crazy about them, that they actually hoard them.

It was interesting to hear about the crazy people going to such great lengths to have a cereal that is so craved for by many people. It was interesting to hear the hosts and Greg Bensingers point of view and what they thought of the cereal.

Food For Thought Podcast: The Joys and Benefits of Living Compassionately and Healthfully

In the Joys and Benefits of Living Compassionately and Healthy, there is a podcast *Eat Your Vegetables* that was published on April 10, 2007 in a thirty-five minute segment.

Host, Colleen, gives an informational podcast full of alternatives that could help with healthier eating habits. She also adds some recipes that you can use when you are looking for something to eat and fix for a dinner for your family or for yourself. When you are craving something, she gives you alternatives that are healthier. The first advice she gives is to identify the craving. The stereotype of healthy food is that it has no taste and it bland. She gives motivation and says not to give up, but to give it a few weeks to get used to. She says that if you cut up vegetables and put them in the fridge, you are more likely to eat them and not let them get old.

When I read the title and the short paragraph I thought it would be interesting to hear some healthy alternatives that I could use in my life and that I could start making. She gave simple recipes that could help and some tips that I could use in my own life.

It takes three weeks to break yourself of a habit. So don't give up on eating healthy! It is hard for a little bit, but you get used to it. It was interesting to learn that if you cut up vegetables and have them there for when you get hungry, you will eat them. It is true! When in a hurry you look for things that will be fast and easy, if you have them all ready to go, it is a quick snack you can grab and go.

It was informative and helpful if someone is looking for alternatives to have more of a plant and vegetable based diet, rather than a meat based diet.