

Life

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SECTION B

Charlotte: Where love goes boom

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Are you a baby boomer looking for love?

Then Charlotte is the place for you.

According to a study by Sperling's Best Places, Charlotte ranks as fifth in the top 10 cities for boomer romances, people ages 45-60.

Raleigh-Durham is number three on the list.

The study concluded "The boomers in Charlotte-Gastonia-Rock Hill keep their love in bloom with flowers. Floral sales in these two metro areas ranked second and fourth among the top 10 cities."

Boomers in Charlotte also love to give sweet things to their partners. According to the study, Charlotte is third in terms of chocolate sales.

According to the study, boomers in the top cities are ready for romance, buying flowers, dining at great restaurants and indulging in chocolate more than anywhere else in the country. The "Where Romance is Booming" study focused on the 50 largest metro areas in the United States, which contain over 50 percent of the population. The study explored factors such as marital status (including divorce rate) for the 45-60 population, and the presence of romantic activities like ballroom dancing and fine dining options.

Top Ten Cities for Boomers:

1. Pittsburgh, Pa.
2. Salt Lake City/Ogden, Utah
3. Raleigh/Durham/Chapel Hill.
4. Providence, R.I. - Fall River/Warwick, Mass.
5. Charlotte/Gastonia-Rock Hill, S.C.
6. Hartford, Conn.
7. Minneapolis/St. Paul, Minn.
8. Rochester, N.Y.
9. Dallas, Texas
10. Houston, Texas



Pittsburgh

Beer with a flavor for food



PHOTO/ERICA SINGLETON

Beer isn't limited to hot dogs and pretzels. A fine pilsner can also enhance the flavor of a sit-down meal or dessert.

A relaxed twist on the usual pairings offers something for everyone's taste

By Erica Singleton
FOR THE CHARLOTTE POST

Looking for something original to do for your dad or the man in your life this year? Give him what he really wants...BEER. No not a six pack, something more enjoyable than that.

I'd like to start out by saying I don't even like beer, but on a recent trip to Williamsburg, Va., Executive Chef Brent Wertz, vice president of food and beverage at Kingsmill Resort and Spa introduced me to something I might never have tried: Beer Cuisine.

You can thank the French and the Belgians for cuisine à la bière, but don't let what you think about beer limit your imagination. "Beer cuisine isn't just hot dogs and pretzels, burgers and potato chips," he said. "Some foods pair well with differing flavors and textures. For example, a European-style pilsner that has a strong hops flavor and a slightly bitter taste, would pair well with fatty foods such as a lamb...and sweet flavors like citrus." Just like wines, different beers compliment different foods, but few people realize beers various pairing options.

"Do something different than your neighbors," Wertz said. "It doesn't have to be complicated. Rather, the experience should be fun, relaxing and enjoyable. Offer a beer tasting...where you swallow, don't spit."

Despite the childish laughter, Wertz began

introducing a variety of beers and the type of foods that best bring out their flavor. The first dish Crab and Lobster Ravioli was served on Spaghetti Squash, Basil Pesto, and Truffle Oil. Kingsmill Resort is an Anheuser-Busch company, so it was no surprise that the course was paired with Bud Light. What was surprising was how well it suited the food.

"Bud Light is crisp with a quick finish," explained Wertz. "It has a light to medium flavor and is best matched with crab, lobster and other seafoods."

"Eighty to 90 percent of the beer flavor comes through the nasal cavity," he said, explaining why you should let the beer sit on the back of your tongue a second before swallowing it - to get the full effect and flavor. Wertz added that the somewhat best bitter hops flavor found in beers, pairs well with the creamy texture and flavor of cheese. "The contrary flavors will help take the edge off the bitterness of the beer and create food flavors that last longer." He also recommended serving each beer in different types of glasses, not just to add variety, but to best bring out the flavor.

Second up was the Spring Heat Spiced Wheat, a seasonal beer brought out in the warmer months. It was kind of a lemony orange tasting beer, and went very well with the onion, cucumber, tomatoes, and parmesan salad with oregano vinaigrette it was paired with. The

partnering allowed for the full flavor of both the food and drink to come through, without either overpowering the other.

When putting together a beer pairing in your home, Wertz advised that you can even cook with the beer. "Let foods stay in the beer to experience the flavor," he said. "Don't just cook them in it and take them out immediately." If steaming mussels or clams, it is recommended that the same beer that is used for steaming should be used for tasting.

For the main course, we enjoyed pan seared red snapper with parmesan risotto, served with tomatoes, blanched garlic and thyme. These fresh flavors were paired with the Stone Mill Pale Ale, produced by the Crooked River Brewing Company in New Hampshire. "Stone Mill Pale Ale is an organic beer, medium to full bodied, like a stout," said Wertz. "You want to serve it with a medium fish...medium flavors...everything medium."

Lastly, I was a little skeptical of having a dessert with beer, but was more surprised by the final course than any of the others. A tiramisu served in a dark chocolate cup, with chocolate truffles and fruit was partnered with Bourbon Winter Cask Ale. "Winter Bourbon Cask Ale is a seasonal draft beer," explained Wertz. "To finish...vanilla beans are added in the fermentation stage, then the beer is aged in

Please see BEER/2B

ENSURE CALORIES WITHOUT PACKING ON POUNDS

(Healthy) snacks big boost to seniors' health

THE ASSOCIATED PRESS

MONTGOMERY, Ala.—Jo Spann used to be a steak-and-potatoes, three-squares-a-day type, but as the years have gone by, the 72-year-old from Daleville now finds herself snacking "all the time" while usually eating just one large meal each day.

Researchers say such snacking is OK—in fact, regularly nibbling between meals can be quite good for seniors.

An Auburn University study that compared the diets of 2,002 adults aged 65 years and older found that snacking provides significantly higher amounts of energy, protein, carbohydrate and total fat, potentially vital boosters during years when the daily intake of calories is often in decline.

So while snacking could lead to obesity in younger age groups, it could ensure

that seniors are consuming enough calories, said Claire Zizza, an assistant professor of nutrition at Auburn and lead author of the study, which is published in this month's Journal of the American Dietetic Association.

She said several factors, including health problems, medication and changes in taste could lead to diminished appetites and unintentional weight loss in seniors. When compared to 25-year-olds, 70-year-old men ate 1,000 to 1,200 fewer calories and the decline for women was between 600 to 800 calories per day, according to the study.

But it found that 84 percent of the adults averaged 2.5 daily snacks and that snackers consumed about 250 more calories

Please see HEALTHY/2B

Unpacking begins for Jackson family memorabilia auction

THE ASSOCIATED PRESS

LAS VEGAS —Glittery suits and platinum records were pulled out of cardboard boxes Sunday ahead of what's being called the largest auction of Jackson family memorabilia ever.

Auction staff unpacked and displayed more than 1,100 lots of rhinestone-studded costumes, faded documents and other mementoes at the Hard Rock Hotel and Casino. The items are expected to fetch millions of dollars from bidders from around the globe on Wednesday and Thursday.

"This really is a once-in-a-lifetime occurrence," said Arlan Ettinger, president of auction house Guernsey's. "I cannot imagine that some-

where down the road some other collection could come out of the woodwork and rival this. It's not going to happen."

There's a Bill Whitten-designed militaristic red coat with gold rope that belonged to Michael Jackson, and a 1987 contract detailing his \$30 million purchase of the California ranch that became the infamous "Neverland."

There's also a frilly, pink "Mae West" dress worn by Janet Jackson at age eight during family performances at the MGM Grand in Las Vegas in 1974.

In a worn telegram from July 6, 1984, Marlon Brando encourages Michael Jackson before a show: "Please try not to make an ass of your-

self and please for God's sakes don't fall in the orchestra pit."

The items are to go on sale following a protracted court battle that ended two weeks ago when Michael Jackson's lawyers reached a confidential settlement and dropped an effort to block the auction.

Richard Altomare, chief executive of Universal Express Inc., the Boca Raton, Fla., luggage transportation company that owns the items, said Jackson's lawyers settled when they were convinced they had no legal claim to the goods.

"Despite his emotional attachment he had to accept he didn't have it," Altomare said.

