



THE SHUTTLESWORTH SENTINEL

Personal Injury
Product Liability
Wrongful Death
Nursing Home Abuse/Neglect
Assisted Living Abuse/Neglect

10.2020

WHY 'THE HARRY'S BAR COOKBOOK' Is the Best Cookbook of All Time



Harry's Bar in Venice

I started cooking when I was around 14 or 15 years old. In my family, traditionally the men have done most of the cooking, or at least that was the case for my grandfather, my father, and me. Since I started cooking, it's become one of my favorite pastimes. I love spending an afternoon in the kitchen cooking something I know my family and I will love eating.

As someone who has cooked for most of his life, I like to think I know what makes a good cookbook. October is National Cookbook Month, which makes this the perfect time to talk about my favorite cookbook of all time — "The Harry's Bar Cookbook" — and what elevates it above a mere list of recipes bound in cardboard.

I received my copy of "The Harry's Bar Cookbook" when I was in college. It's named after a famous Italian restaurant with locations in Venice and Florence, Italy, both of which were run by well-known restaurateur Arrigo Cipriani, who is the author of the cookbook and one of the best Italian chefs of all time. As a side note, I got the chance to dine at Harry's Bar in Florence when I visited with some friends several years ago, and it was one of the best lunches I've ever had. The food was incredible, and all the while we had a spectacular view of the Arno River nearby. But I digress.

"I KNOW ALL THE RECIPES BY HEART. BOTH THE COVERS ARE GONE, AND EVERY SINGLE PAGE IS STAINED WITH OLIVE OIL, BUT I WOULD SOONER PART WITH MY CAR THAN THAT BOOK."

What I appreciate most about "The Harry's Bar Cookbook" is that it explains not only how to make some great Italian food but also why those dishes and the ingredients that comprise them are so special. As an example, the cookbook has an entire section devoted to olive oils and why they're such an important part of so many Italian dishes. Also,

before reading this cookbook, I never would have known that prosciutto is actually made from a certain kind of pig that's fed a certain kind of chestnut and from a certain region of Italy. That's the kind of content in a good cookbook, alongside the recipes — the stories, history, and culture behind the dishes — that give the reader a greater understanding of what makes the food special.

The origins of Harry's Bar are a testament to just how intertwined human stories and good food really are. Arrigo's father, Giuseppe, was the maitre d' of a very high-end Italian hotel and restaurant in Venice in the 1930s and 1940s. Lots of international travelers frequented the establishment, one of whom was a very wealthy American who became friends with Giuseppe. The American was a party boy without direction living off his family's wealth — until his parents cut him off. Suddenly, he was left without a way to pick up his tab at the hotel. But then, without hesitation, Giuseppe gave the American \$5,000 to cover his tab. The American thanked him profusely before returning to the United States.

About 5–10 years later, the American returned to Giuseppe's hotel, but this time on his own dime. He'd become rather successful, and he intended on paying back Giuseppe's generous gift with interest. He gave Giuseppe something like \$50,000, which Giuseppe used to start his own restaurant, named Harry's Bar, after his American friend. He also named his son, Arrigo, after Harry (Arrigo is "Harry" in Italian).

Good food brings people together, and people coming together results in great food. I've used my Harry's Bar cookbook so many times now that I know all the recipes by heart. Both the covers are gone, and every single page is stained with olive oil, but I would sooner part with my car than that book. It's the book that taught me how to love food and where it comes from, and for that reason, it's priceless.

Perry Shuttlesworth

HANG ON TO YOUR SEAT

HOW SPORTS TEAMS ARE ENGAGING FANS DURING THE PANDEMIC

Despite COVID-19's continual presence in our country, many sports organizations are finding ways to adapt their seasons to the ever-changing circumstances. As many teams try to play out their seasons as normally as they can, they are also adapting to not having their fans there to cheer them on. So, some team members, teams, and entire sports organizations are getting creative. Here's a look at some of the most noteworthy ways sports teams and players have connected with their fans so far.

CUT ME OUT FOR THE BALLGAME

When the Milwaukee Brewers baseball team learned their fans wouldn't be joining them at the stadium this year, they made sure fans wouldn't be cut out of the fun completely. For just \$50, Brewers fans could have a 2-foot-tall cardboard cutout of themselves placed in the Uecker "Last Row" in the highest level of seating in Miller Park. It was a great way for fans to be with the team in spirit, and all the money from the cutouts went to the Brewers Community Foundation.

ESPORTS TAKE THE HOCKEY SEASON OFF ICE

When the National Hockey League's season was abruptly suspended, fans were left without any games to look forward to — at least, any live games. Soon after the season was suspended, the marketing staff of the New Jersey Devils came up with a plan. They prepared 20 simulations every game night against would-have-been opponents using EA Sports' NHL '20. They even got the Devils' radio announcer Matt Loughlin to voice the play-by-play for the simulations to give them an air of authenticity. It might not be as good as the real thing, but one game drew over 60,000 views.

TIKTOK TRICK SHOTS

Even in the midst of the pandemic, the social media following for some sports teams, such as the Philadelphia 76ers, has grown. This is due, in large part, to some players' abilities to meet their young fans where they are. While quarantined at home, 76ers star player Matisse Thybulle began posting trick shots with pingpong balls on TikTok — some of which garnered over a million views. This is just one example of how some players are continuing to foster a personal connection with their fans even off the court.

CAN I WIN A LAWSUIT AGAINST A MAJOR CORPORATION?

WITH THE RIGHT HELP, ABSOLUTELY

Lawsuits of any size can be exhausting. But when you're just one person trying to take on a multimillion-dollar company, it can feel like you're using a bucket to empty water from an already sinking rowboat — utterly futile. Nevertheless, fighting and winning a lawsuit against major companies is possible — you just need to go into it with the right tools and the right expectations. To make sure you have a case, ask yourself these questions.

DO I HAVE EVIDENCE?

No matter how daunting the size of the company you're filing a suit against might be, any case worth pursuing will be grounded in evidence. Sometimes, however, even if potential plaintiffs have a case grounded in evidence, they still might feel powerless against the army of corporate lawyers. While it might seem certain that your evidence could be dismantled with the snap of the fingers, with the right legal counsel on your side, that evidence can go a long way.

DO I UNDERSTAND THE SCOPE OF MY CASE?

While lawsuits against major corporations are entirely possible to win, you have to be ready to pursue your case for the long haul. Corporate lawyers aren't impossible to beat, but they are tenacious. They'll fight against you at every turn, potentially drawing out your case for years. While it's certainly not ideal, if you're mentally prepared for a legal battle of that magnitude, you can eventually beat the corporate lawyers and come out on top.

DO I HAVE AN EXPERIENCED ATTORNEY ON MY SIDE?

Battling major corporations might make you feel like you're all alone in the fight for justice — but you're not. With the help of an experienced attorney, you can turn your evidence into a rock-solid case that will confound even the most determined corporate lawyer. So, if you're in need of legal counsel for a fight against a business much larger than yourself, call Perry Shuttlesworth. He has years of experience fighting corporations, and he'll get you the justice you deserve.



XARELTO CASES MIGHT BE SETTLED

BUT THE BATTLE FOR JUSTICE AGAINST DRUG MANUFACTURERS CONTINUES

In the spring of 2019, Xarelto manufacturers Bayer and Johnson & Johnson had to pay a settlement of \$775 million to roughly 25,000 people who claimed that the drug, prescribed as a blood thinner, led to serious bleeding events. We at Shuttlesworth Law Firm were more than happy to help anyone who had been hurt by taking Xarelto get the justice they deserve. Unfortunately, Xarelto isn't the only drug on the market that can harm its users.

Earlier this year in April, the FDA ordered that all manufacturers of the drug Zantac recall it from shelves. The recall was due to the presence of nitrosodimethylamine

(NDMA), a substance with links to cancer. As if that didn't already make the drug dangerous enough, the contaminant NDMA builds up when the drug is stored for extended periods of time, meaning the longer it stays on shelves, the more likely it is to potentially harm those who take it.

Zantac belongs to a group of drugs known as histamine-2 blockers. These drugs decrease acid levels in your stomach, thereby lessening a person's susceptibility to ulcers. It can also be used as heartburn relief. It's available to buy without a prescription all over the country, which is particularly troubling, considering how harmful the drug can be.

Along with some of the common side effects, such as stomach discomfort, chest pain,

nausea, fever, and vomiting, taking Zantac can also lead to various forms of cancer, including liver cancer, stomach cancer, brain cancer, leukemia, and several others. What's truly shocking, however, is that manufacturers of Zantac have known about potential NDMA contamination since the 1980s. That means that these manufacturers have known for nearly four decades that their drug could cause users to get cancer — and they did nothing to stop it.

Zantac lawsuits continue to pop up. Hopefully, as was the case with Xarelto users, those affected by Zantac will be compensated for their conditions. It takes consistent pressure from an experienced legal counsel, like the attorneys at Shuttlesworth Law Firm to get drug manufacturers to admit to their wrongdoing. Call us today at (205) 322-1411.



TAKE A BREAK

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STRANGE FACTOID

DID YOU KNOW THAT A CHEF'S HAT HAS EXACTLY 100 PLEATS?

Everyone knows what a chef's hat looks like. It's called a toque, in case you didn't know that. If you didn't know that, then you definitely didn't know that "official" chefs' toques all have exactly 100 pleats.

The French were the first to elevate the chef profession to great esteem in the 19th and early 20th centuries, and attached to that new esteem was a standard chef's uniform that distinguished chefs from just anyone

with a bowl and ladle. For reasons that aren't quite certain, part of that standard uniform was a toque with exactly 100 pleats.

One theory is that the 100 pleats are a nod to the number of ways you can cook an egg, but depending on which French cookbook you use, there could be under 100 recipes containing eggs, or well over that amount. So someone has some egg-splaining to do about the pleats ...



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THE SPOOKY 'STAR WARS' SHORTAGE OF 1977

A long time ago ... in October of 1977 to be exact, Halloween was fast approaching and many parents faced a major dilemma. That year, kids didn't want to go trick-or-treating dressed as vampires, witches, or ghosts. The classic costumes simply wouldn't do. That Halloween, almost every child in the United States wanted to dress as their favorite character from the new hit movie, "Star Wars."

Today, you can walk into a Halloween City on Oct. 30 and easily pick up a costume for Rey, Darth Vader, or Princess Leia. But in 1977, less than five months after the release of the first movie in the popular franchise, getting your hands on "Star Wars" merchandise was a bit more difficult. Ben Cooper, a costume company in Brooklyn, had the foresight to license "Star Wars" for costumes right after the movie came out. Unfortunately, they didn't foresee how great the demand for these costumes would be.

Retailers across the country were selling out of "Star Wars" costumes as fast as they came in. Some stores reported selling more "Star Wars" costumes

than pumpkins. Kids who got their hands on an authentic Han Solo or C-3PO costume were considered lucky. But kids who arrived at the store to find the costume shelves empty didn't throw in the towel. Instead, they went and found some brown towels to make their own Chewbacca costumes.

In the current age of cosplay, homemade costumes based on movie characters are commonplace, but in 1977, this was uncharted territory. Kids searched for white dresses to be Princess Leia and bathrobes they could cut short to mimic Luke Skywalker. Moms everywhere broke out their sewing machines and created costumes using only action figures for reference. It was grueling work, but it showed how much kids wanted to spend Halloween in a galaxy far, far away.

The "Star Wars" costume shortage marked a new era for Halloween — one where making your own costume was just as cool, if not better, than buying it.