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"Drinking Beer Promotes Freedom of Speech!"

Presents...

## Interesting New Beer Study

From Fox News, the study we beer drinkers have been waiting a long time for - MERRY CHRISTMAS!

Having a beer after exercise could do you more good than drinking water, a new study suggests.

Beer can help someone who has sweat regain liquid better than water. The bubbles help to quench thirst, and the carbohydrates in beer help replace lost calories, Spanish researchers say.

The study results came from testing 25 college students asked to do strenuous exercises in 104-degree temperatures. They were then split into two groups, one given beer and other water to help them recover. The tests were conducted over several months.

The hydration effect in those who drank beer was "slightly better" than those who drank water, said study leader, professor Manuel Garzon of Granada University.

The results have been met with some skepticism, as previous studies have shown most alcoholic drinks increase the amount of liquid lost through urination.

Dr James Betts, a nutrition expert from Bath University in Britain, said a moderate amount of beer might be just as good as water at helping the body retain liquid, but was unlikely to be better.

"If you are dehydrated to start with following exercise, a beer, as opposed to a spirit, probably does not have a high enough concentration of alcohol to induce a diuretic (increased urination) effect," Betts said.

Let us first analyze this study:

Spanish researchers: Beer was in Europe long before it came to the good old USA. They should know more about it than us! Thirst quenching? No argument there.

College students, 104 degrees? Ok, us older guys sweat at a much lower temperature, so this is more important to us!

Hydration effect "Slightly better" than water? The same as water would be good enough for me!

Increases the amount of liquid lost through urination? That's just reason to drink more liquid. Not a problem!

OK, do all of you men out there know how earth-shakingly important this information is?

IT MUST BE OUR MISSION TO ENLIGHTEN AS MANY OF OUR CRITICS AS HUMANLY POSSIBLE! Think, who is your most vocal critic? To those of us who are married, it's obvious.

Guys, tape this to your refrigerator! Better yet - Etch it into the door! Your "Significant Other" must see this! This is scientific proof of what we have been telling them all along!

Think of the possibilities. You're going golfing on a warm day and your wife says "Honey, make sure to take enough beer with you in case you sweat a lot."

Softball in July: "Sweetheart, do you think one cooler is enough? I can help you carry another one."

Beach Volleyball would have to have extra time outs to keep up with dehydration!

Even in winter: "You're going to the gym? Make sure you take some beer with you." I'm pretty sure you can even work up a sweat skiing, can't you? The possibilities are endless!

So quench your thirst with one of the many beers we have in stock at [www.BeerOnTheWall.com](http://www.BeerOnTheWall.com)

OFF THE WALL

Vol. 7 Issue 12

# BEER OF THE MONTH CLUB

*this month's featured beers*

## Lost Coast Brewing Company, Eureka, California

From its name, the Lost Coast Brewery may sound as if it were exactly that — lost on the Northern coast of California. But for many residents of Humboldt County, the restaurant and brewery has a definite place on the local map.

Eureka is a cool little town way up in Northern California, an area home to several very good microbreweries including the Lost Coast Brewing Company.

Since its opening in 1990, the brewery has been a popular spot for beer lovers and fans of their famous buffalo wings, and also serves a variety of other dishes for those who come just for the food and atmosphere.

Brewery owner Barbara Groom said the popularity of the homegrown beers drew local residents into the brewery first and the restaurant came second.

In 1984 Groom and a friend started working on learning to brew and saving enough money to start a business.

It took six years, but it was worth the wait. The Lost Coast Brewery and Café opened its doors in 1990 and has been busy ever since.

Groom said the popularity of their beer gained momentum and by the brewery's second year in business, beer was being hand-bottled out of the restaurant.

The brewery's success didn't stop there.

"By the third year, we were selling so much we had to move the brewery out of the restaurant and into a warehouse," Groom said. "And once we got into the warehouse, we just started shipping all over the West Coast."

Beer fans up and down the coast fell in love with the brewery's dark, medium and light beers, which include the popular Downtown Brown, Alley Cat Amber, Eight-Ball Stout and Great White beers.

As far as we know, it is the only brewery in California owned by two women - Barbara Groom & Wendy Pound. In 1986 they thought to themselves, "What could be better than making your own beer?" Well, making your own beer and selling it!

They got their hops in a row and walked away from their 9 to 5 jobs as a marriage & family counselor and a pharmacist to pursue their beer brewing dreams.

After much brewing and planning, including many visits to pubs in England and Wales, Wendy and

Barbara opened the Lost Coast Brewery and Café in Eureka.

"I've always loved beer," says Barbara, "But having my own brewery just seemed like a dream."

Located in a beautiful building that is over 100 years old in downtown Eureka, the brewpub has a comfortable, funky feeling about it, complete with a cool bar and fast & friendly restaurant. Both the beer & the food served there are superb - We recommend the Fish & Chips.

A look around their restaurant as well as their peculiar beer labels will give you strange Picasso flashbacks. The artist, we understand, is pretty well known around Eureka, as evidenced by several of his wall murals on buildings around town.

After ten years in business, they added a second bottling and brewing facility a few blocks from the brew pub. If you are in the area, just ask one of the bartenders and they will give directions. If you ask nicely, they are usually happy to give you a quick tour of the brewery.

This month we have three award winning craft brews for our club members to enjoy.

**Great White** An American version of the Belgian Wit style. This unfiltered beer has a striking translucent, golden color with white clouds. Seemingly a contradiction in terms, it has a full-body mouth feel, but is surprisingly light to drink. Topped with a hint of citrus, provided by Coriander and a secret blend of Humboldt herbs, this beer is slightly sweet and a delight to drink in any season.

**Winterbaun** is a full-bodied, brown ale with a rich chocolate taste created from roasted chocolate and caramel malts. Topped with Czech Saaz Hops to give it a spicy flavor and aroma. This is Lost Coast's seasonal winter ale, brewed only once a year.

**Alleycat Amber** A full-flavored amber ale made with roasted caramel malt. Richly colored and medium-bodied, Alleycat is an assertive blend of malts with a sprightly cascade of hops.

All three of these beers ROCK! They have all won numerous awards over the years - way too many to list here.

We wish you a very happy holiday season and we hope you enjoy your beers!