

BEER

on the wall

Vol. 8 Issue 12

"Drinking Beer Promotes Freedom of Speech"

Last Minute Holiday Gifts

Beer of the Month Membership

Are you enjoying your beer? I bet you know someone who envies your beer and would enjoy some of their own.

You can order now and print a gift card to present to your future fellow beer member at your convenience.

Gift Certificate

The perfect instant gift. You can have a certificate sent instantaneously via email. Our Beer on the Wall Gift Certificates will make it look like you searched far and wide for gift as unique as the recipient.



End the endless search for a thoughtful gift that fits your budget. We have a the perfect gift for your budget that will suite any beer-lover on your list this year.

Eat, Drink and be Merry

Prevent the Common Hangover

Ok you party animal, we know how many parties you plan on attending this Holiday Season. Some gatherings will be fun, and you'll kick back a few (or more) cold ones with your buddies. Some times a houseful of unpleasant or unwanted guests and drama will cause you to drink for more than just the great taste. Either way, we have a few ideas to help you not regret those drinks in the morning.

The best cure is to prevent the hangover from happening. Here are a few tips.

- **Don't drink on an empty stomach.** It isn't New Years yet, so don't worry about your resolution to diet. Holiday parties will always have some kind of munchies to snack on. Dive right into that fruitcake or cheese ball, do whatever it takes to fill up you tum-tum with yum yums. The reason that food is so important is because it'll sop up the alcohol so that it doesn't all go directly into the bloodstream.
- **Hydrate your body.** Alternate alcohol with water. Alcohol alone will leave you dehydrated and an ounce of prevention is worth a pound of cure. Sure, you'll probably still wake up at 4 a.m. with a desperate compulsion to hang your head under the faucet, but every glass of juice or water you force yourself to swallow the night before is worth two in the morning.
- **Skip the Coffee.** Coffee will not help you sober up, it will just make you an awake drunk, and keep you from your much needed sleep. However, if you have coffee every single morning, have a small cup to avoid caffeine withdrawals.

Now you have all the tools you need to enjoy your beer with out fear of retribution in the morning.

ON THE WALL

BEER OF THE MONTH CLUB

this month's featured beers

Lost Coast Brewing Company

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 Humbolt herbs, this beer is slightly sweet and a delight to drink in any season.

Winterbaun

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!

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10%

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