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“Drinking Beer Promotes Freedom of Speech!”

**BEER**  
*on the wall*

Presents...

## What is the Beer Diet?

A good beer has between 100 and 200 calories, is mostly made of water, and the part that isn't water is almost pure carbohydrates.

The average diet recommends a daily caloric intake of 1,200 calories for women, 1,600 for men, if you want to lose the medically safe rate of two to three pounds a week. On the Beer diet, that equates to at least 6-12 12oz servings a day for women, and 8-16 for men. A lofty, yet measurable goal.

All diets should include an exercise program. The Beer Diet starts with “12oz curls”, alternating arms for effect. Since the alcohol in beer is a diuretic, which causes the water to flush out almost immediately, this leads to a consistent workout including deep knee bends (getting out of the chair), fast walking (very good for your heart) and squats (as the case may be).

Drinking beer actually helps you sleep-even when you aren't necessarily tired. All that added rest is certain to help with any problems you may have experienced on those other fad diets.

The Beer diet is good for your heart. After just one day of consuming your required beers, you will certainly want to consume some aspirin, which is proven to help prevent heart attacks.

On the Beer diet you can eat anything you want. The only rule is that you cannot consume any food until you have consumed at least half of the days required beers. This ensures the food will usually stay in your body a short time, leading to exercise time: deep knee bends, quick walk and, this time, the “lean-over-and-hurl” stomach crunches.

Beer drinking is often done in bars, where other forms of exercise are common. Dancing, for example, is a good way to build up a thirst, as is chasing members of the opposite sex. If you really want to maximize your workout, try actually walking up to the bar, versus using a waitress. To take this to the extreme, you could even get up and get someone else a beer, perhaps someone you are trying to help by introducing them to the diet.

Based on these facts, let's run through a given scenario for diet implementation. This is a weekend diet plan, and should be attempted during the week by only the pro dieters.

**MONDAY THROUGH THURSDAY:** Eat whatever you want, these are “Free” days.

**FRIDAY:** Feeling “huge”, and ready to diet, swing by the liquor store and stock up. Go to your favorite place of beer drinking and begin the consumption process (remember: 12 for women, 15 for men).

**SATURDAY:** Wake up and lounge around all day, feeling slightly smaller after expunging any food that you may have accidentally consumed. Take aspirin. Notice that you now have absolutely no interest in food. Later on, restart cycle, noticing that your appetite has still not returned. Perhaps today you will only meet half of your consumption goal due to an ongoing discussion about “hair” and some dog that bit you. This is actually a good thing, as only half-consumption means less than 1,000 calories for the day, and you still don't feel hungry.

**SUNDAY:** Again you notice a lack of appetite, you are feeling thinner all the time. You are positive this diet is perfect for you! Further your heart health by taking more aspirin, and lounge for the remainder of the day.

**MONDAY:** Return to work, feeling thinner, well rested, and surprisingly mellow. Happy dieting!

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### Quote of the Month

“I drink to make other people interesting”

-George Jean Nathan-

Vol. 7 Issue 8

# BEER OF THE MONTH CLUB

*this month's featured beers*

## Jack Russell Brewing Company - Camino, California

Tucked in the rolling hills of Camino, California sits Jack Russell Brewing Company, a place where people gather to taste ales, enjoy a picnic lunch, and soak up the beautiful atmosphere.

Apple Hill is the name of the surrounding region known for its apple, pear and stone fruit orchards as well as its Christmas tree farms and berry patches. Hop and grain fields can also be found on the brewery grounds which are harvested and used in the brewing of their beer.

Jack Russell was founded in 1997 by Terry Bonham and Karen Parker, who happened to have two Jack Russell terriers, Boomer and Barley. Boomer is the official mascot of the brewery, and adorns the bottles' labels. One of this month's featured beers is named in his honor.

The majestic ambience that surrounds this brewery provides the perfect aura to sit back, relax and enjoy the full flavor of the true English-style ales Jack Russell produces. Visitors to the brewery can sample many of the ales in a cozy tasting room, or enjoy a sip while sitting at a shaded table on the picnic grounds.

Tours of the brew-house, bottling facility and hop fields are also available to interested parties. The brewery tour is very cool and should be on your must-do list if you ever find your way to Camino.

Jack Russell uses imported Scottish malts and locally farm-grown hops to brew traditional English beers, many of which have won awards at the California State Fair.

British style beers are not all that Jack Russell produces. So many people had asked Terry to create an apple beer, that he teamed up with a local apple wine maker to create a nice light, apple flavored beer, which is called Harvest Apple Ale. They continued to test other seasonal fruit flavored ales, and came up with Blueberry Beer, Blackberry Abbey Ale and Raspberry Imperial Stout. Yum!

The current owner of Jack Russell Brewing, Ed Terpstra, began working for Terry Bonham in 1997. He began as the landscape manager of the brewery grounds, but soon

became involved in the managing end of the brewery. Ed learned all he knows from Terry, including his secret recipes, the bottling and brewing processes, and most of all, the great spirit that Terry wanted for Jack Russell - a welcoming family atmosphere for everyone to enjoy.

Ed continued to work for Jack Russell after Terry passed away in 2000. In 2006, the opportunity arose for Ed to purchase the brewery, and he did just that, with the dream of carrying on Terry's legacy. Ed and his wife Nancy and son Shane now run the business, and plan on making improvements to the grounds for even more families to enjoy. Ed, Shane, and long-time brewmaster Greg created the 10th Anniversary ESB in Terry's memory, which we featured in May.



We hope you enjoy the three wonderful selections from Jack Russell Brewing this month. When you open your first beer, just imagine you are sitting under a beautiful fruit tree, in the serene setting of California's Apple Hill region. Cheers!!

**All American Lager** - This lager was brewed a few years back for the 4th of July. A blend of light American pilsner malt, wheat malt and white corn give this lager an exceptional smoothness. The beer has a very pale

gold color with a small head when poured. The aroma of malts are wheaty, with a hint of banana. Hops are a little citrusy, mild of course, but definitely present. Mouthfeel is full, yet it has a clean, smooth finish.

**London Porter** - The Porter is the grandfather of the stout, a light to medium bodied ale, smooth and dark, with some hop character and notes of coffee and chocolate in the finish. 5% Alcohol By Volume .

**Captain Boomer's IPA** - Not only did Brew Master Greg double the hops in their original pale ale recipe, but he doubled the malts as well to nicely balance this fine brew. Die-hard hop-heads may want a snappier bite, but this IPA sure does run smoothly down the old gullet at a formidable 6.5% abv.