

At the Summit

the e-zine of Summits Wayside Tavern



April 8, 2008

Pint Nights

Pint Nights are held from 7-9 pm at all locations. Drink a pint and keep the glass! (while supplies last!)

- 04/11 Flying Dog
- 04/12 Bar Harbor Blue
- 04/18 Allagash
- 04/19 Blue Moon Spring

See online calendar for details!

New Beers!

Snellville

- Duck Rabbit Amber
- Magic Hat
- Lagunitas Lumpy Gravy
- Avery IPA
- Sierra Nevada ESB
- Victory Baltic Thunder

Cumming

- Oskar Blues Ten Fiddy
- Sun Dog
- Sam Adams White
- Redhook Copperhook
- Victory Wheat
- Shock Top
- Harpoon Cider
- Terrapin Rye 2 Pale Ale
- Allagash Dubbel
- Sierra Nevada ESB

Beef on Weck!

Only Thursdays and Fridays!

Summits will have its own version of this popular northern favorite - Beef on Weck Sandwich for \$9.99!

This is a roast beef sandwich on a salty kummelweck roll. In fact, it is this roll that makes the sandwich unique. The kummelweck—often alternatively spelled kimmelweck—is basically a Kaiser roll topped with lots of pretzel salt and caraway seeds.

At the Summit...

Looking for a good excuse to tip back a beer?

You don't have to wait for St. Patrick's Day. That's because a decade's worth of health research shows that regular, moderate beer intake--one to two 12 ounce glasses per day for men and one for women--can be good for you, especially if you're facing some of the most common diseases related to aging.

Experts say wine tends to get most of the attention when it comes to the health benefits of alcohol primarily because of the French paradox, a reference to the relatively low rate of heart disease in France in spite of a diet high in saturated fat. The idea is that daily sips of Merlot make the difference.

In Depth: Eight Healthy Reasons To Drink Beer

But a number of studies are showing that moderate consumption of alcohol, including beer, can have similar heart healthy effects, including making men 30 to 35% less likely to have a heart attack than those who abstain.

"Wine is still on moral high ground," says Charlie Bamforth, chair and professor of the department of food science and technology at the

University of California, Davis, "but beer deserves just the same acclamation."

Interest in the health effects of beer has been growing over the past eight to 10 years in tandem with a rise in the popularity of craft beers--usually defined as products of brewers who make fewer than 2 million barrels a year, says Nancy Tringali Piho, a spokeswoman for the National Beer Wholesalers Association.



Unlike many mass-produced beers, craft beers tend to be brewed with a particular focus on flavor, appearance and aroma. Their appeal has attracted an upscale audience that's curious about the beverage and how it compares with wine health-wise.

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The news is good, particularly for baby boomers, many of whom are dealing with obesity and high blood pressure, a major risk factor for heart disease and stroke.

Alcohol, including beer, in moderation raises high-density lipoprotein or HDL, known as good cholesterol, says Dr. R. Curtis Ellison, chief of the section of preventive medicine and epidemiology and professor of medicine and public health at the Boston University School of Medicine. It also appears to have a favorable effect on the lining of blood vessels, making

(...continued on page 2)

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"At the Summit - the e-zine of Summits Wayside Tavern" is published weekly by Summits Wayside Tavern®, a restaurant chain in the southeastern US, head-quartered in Snellville, Georgia serving quality food and beverages.

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At the Summit

them less likely to form a clot or for a clot to rupture and plug an artery, and may help protect against Type 2 diabetes.

"People should realize that a little bit of alcohol on a regular basis decreases the risks of aging," says Ellison, who specializes in researching, among other things, the relationship between moderate alcohol consumption and chronic diseases.

And earlier this month researchers at the National Institutes of Health released a study showing that frequent drinking in moderation may protect men from death due to cardiovascular disease. Men who reported drinking 120 to 365 days a year had a 20% lower cardiovascular death rate than those who drank one to 36 days a year. Overdoing it, however, can have the opposite effect. Men who knocked back five or more drinks when they did indulge had a 30% greater risk for death via heart disease.

Beer may also give your brain a boost.

Adults over age 65 who drank one to six alcoholic beverages over the course of the week turned out to have a lower risk of dementia than non-drinkers or heavier drinkers, according to a 2003 study published in the Journal of the American Medical Association. Likewise, a 2006 report that appeared in an American

Heart Association journal showed that a drink or two a day might be linked to better cognitive function in women.

Consume With Caution

Of course, beer isn't good for everyone. Other studies have shown that consuming two or more glasses of alcohol a day may increase a woman's risk of breast cancer, and few medical experts will suggest that a non-drinker take up the habit just for the health benefits, when exercise and a good diet can produce similar benefits.

And Bamforth says he's not so sure that the growing selection of organic beers, those that don't contain sulfites, chemical preservatives and are made with mostly, if not all, organic ingredients, or beers flavored with antioxidant-laden super-fruits will have much of a health impact. It's the alcohol content, as well as vitamins and minerals, in beer that has proved to make a difference.

More important, he doesn't recommend that people think of beer as medicine. Beer is something to enjoy, he says. Just don't feel guilty about indulging.

"In moderation," Bamforth says, "it's part of a wholesome diet."

http://www.forbes.com/lifestyle/2008/03/14/beer-drink-health-forbeslife-cx_avd_0317health.html



Beer Recipe

Wisconsin Native's Beer Cheese Soup

SUBMITTED BY: SAVVYHOSTESS

<http://allrecipes.com/Recipe>

INGREDIENTS

- 1 1/2 cups diced carrots
- 1 1/2 cups diced onion
- 1 1/2 cups diced celery
- 2 cloves garlic, minced
- 1 teaspoon hot pepper sauce
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 cups chicken broth
- 2 cups beer
- 1/3 cup butter
- 1/3 cup flour
- 4 cups milk or half and half
- 6 cups shredded sharp Cheddar cheese
- 1 tablespoon Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- popped popcorn, for garnish

DIRECTIONS

In a large saucepan over medium heat, stir together carrots, onion, celery, and garlic. Stir in hot pepper sauce, cayenne pepper, salt, and pepper. Pour in chicken broth and beer; simmer until vegetables are tender, about 12 minutes. Remove from heat.

Meanwhile, heat butter in a large soup pot over medium-high heat. Stir in flour with a wire whisk; cook, stirring until the flour is light brown, about 3 or 4 minutes. Gradually stir in milk, whisking to prevent scorching, until thickened. Remove from heat, and gradually stir in cheese. Keep warm. Stir beer mixture into cheese mixture. Stir in Dijon mustard, Worcestershire sauce, and dry mustard. Adjust for hot pepper sauce. Bring to a simmer, and cook 10 minutes. Serve topped with popcorn.



Beer Geek

Best Served Cold

The herbaceous saaz hops and very soft water of the Czech Republic work with lager yeast to create a wonderful, delicate bitterness, milky malt flavor and pillowy mouth feel. The dark lagers native to Munich, on the other hand, possess flavors of walnuts, caramel and chocolate from roasted malts that add complexity to the assertive sweetness of those beers. Lager is a drink best served cold. Lagers not only ferment at a cold temperature, but age at 35 degrees F or less to ensure purity and clarity. Beer that is produced near freezing is best consumed near freezing.

Suggested Pairing: Munich Dark lager and pecan pie.

<http://allrecipes.com/HowTo/Beer-101/Detail.aspx>

Rewards to GO!

This program is designed to reward loyal customers for their Call In and To Go business. Membership is FREE! Each time a member places an order for Take Out, the dollars spent are translated into points. These points accumulate and are converted to Condors. For every \$1 you spend on take out food or retail items you earn 1 point.

At 200 points you earn \$20 in Condors.. our own special personalized house cash. Every Wednesday will be double point day! Ask your server for details! We appreciate your business and this is one of the ways that we say "Thank You".

Spotlight on Beer

Czechvar (Czech Republic)

Czechvar is brewed over a 90-day lagering period using only top-quality Czech ingredients, including Saaz hops, Moravian malt and soft Artesian well water. Czechvar is traditionally crafted at the BBNP brewery in Ceske Budejovice, Czech Republic, for export to the United States by Anheuser-Busch. The brewery was founded in 1895.

www.beerhunter.com/styles

Food Spotlight

Roasted Garlic Pork Tenderloin \$ 8.99

Roasted garlic pork tenderloin served with a garlic pesto sauce with a side of garlic mashed potatoes and sesame broccoli.

Look at our menu: www.summits-online.com and let your food adventure begin.



Did You Know?

The oldest known written recipe is for beer. The Pilgrims landed at Plymouth Rock because of beer. They had planned to sail further south to a warm climate, but had run out of beer on the journey.



Anheuser-Busch is the largest brewery in the US.

The longest bar in the world is the 684 foot long New Bulldog in Rock Island, IL.

<http://www.professorhouse.com/food-beverage/wine-and-spirits/beer-facts-trivia.aspx>

Quote of the Week

"Brewers enjoy working to make beer as much as drinking beer instead of working."

-Harold Rudolph

The SUMMITS Calendar!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 RANDALL! Sierra Nevada Bigfoot w/ Chinook	8 Family Night! 5-9pm	9 CRAB!! S Trivia 8p C Trivia 8p double!	10	11 Flying Dog C Trivia 9p S Trivia 10p	12 7-9p Bar Harbor Blue
13	14 Summits Univ. Cumming RANDALL! Clipper City Loose Cannon w/ Liberty	15 Summits Univ. Snellville ROGUE Family Night! 5-9pm	16 CRAB!! S Trivia 8p C Trivia 8p double!	17	18 Alagash C Trivia 9p S Trivia 10p	19 7-9p Blue Moon Spring
20	21 RANDALL! Terrapin Rye Squared w/ Palisade	22 Family Night! 5-9pm	23 CRAB!! S Trivia 8p C Trivia 8p double!	24	25 Victory C Trivia 9p S Trivia 10p	26 7-9p Sam Adams
27	28 RANDALL! Highland Mocha Porter with Fuggle	29 Family Night! 5-9pm	30 CRAB!! S Trivia 8p C Trivia 8p double!	May 1	2 C Trivia 9p S Trivia 10p	3 7-9p Kirin Ichiban