

At the Summit

the e-zine of Summits Wayside Tavern



October 7, 2008

Pint Nights

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

- 10/07 Flying Dog
- 10/08 Redhook
- 10/09 Terrapin
- 10/10 Gaffel
- 10/11 Pilsner Urquell
- 10/12 Brooklyn
- 10/13 Bud Ale
- 10/14 Dogfish Head
- 10/15 Spaten (T-shirts)
- 10/16 Lagunitas
- 10/17 Paulaner Oktoberfest
- 10/18 Woodchuck Amber
- 10/19 Shiner Black



- 10/20 Abita Jackamo
- 10/21 Negra Modelo
- 10/22 Miller Lite
- 10/23 Sweetwater
- 10/24 R. J. Rockers
- 10/25 Blue Moon Harvest
- 10/26 Samuel Smith
- 10/27 Widmer Hefeweizen
- 10/28 Warsteiner Oktoberfest
- 10/29 Stella (Snellville)
Unibroue (Cumming)
Tetleys (Woodstock)
- 10/30 Ayinger Oktober
- 10/31 Rogue

See online calendar for details!

What's Up At the Summit?

Tips for an Exceptional, Superb & Powerful Life!

- 1.) Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
- 2.) Sit in silence for at least 10 minutes each day.
- 3.) Buy a Tivo (DVR), tape your late night shows and get more sleep.
- 4.) When you wake up in the morning complete the following statement, "My purpose is to _____ today."
- 5.) Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
- 6.) Do something fun outside and read more books than you did last year.
- 7.) Always pray and make time to exercise.
- 8.) Dream more while you are awake.
- 9.) Eat more foods that grow on trees and plants and eat less foods that are manufactured in plants.
- 10.) Drink green tea and plenty of water.
- 11.) Try to make at least three people smile each day.
- 12.) Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.
- 13.) Don't waste your precious energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
- 14.) Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class... but the lessons you learn will last a lifetime.
- 15.) Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- 16.) Smile and laugh more.
- 17.) Life isn't fair, but it's still good.
- 18.) Life is too short to waste time hating anyone.
- 19.) Don't take yourself so seriously. No one



Visit us on the web at www.summits-online.com



"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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Tips.. (cont. from pg. 1)

else does.

- 20.) You don't have to win every argument. Agree to disagree.
- 21.) Make peace with your past so it won't screw up the present.
- 22.) Don't compare your life to others'. You have no idea what their journey is all about.
- 23.) No one is in charge of your happiness except you.
- 24.) Frame every so-called disaster with these words, "In five years, will this matter?"
- 25.) Time heals almost everything. Give time, time!
- 26.) Your job won't take care of you when you are sick. Your friends will. Stay in touch with them.
- 27.) Get rid of anything that isn't useful, beautiful or joyful.
- 28.) Envy is a waste of time. You already have all you need.
- 29.) The best is yet to come.
- 30.) Do the right thing!
- 31.) Call your family often.
- 32.) Each night before you go to bed complete the following statements, "I am thankful for _____. Today I accomplished _____."
- 33.) Remember that you are too blessed to be stressed.
- 34.) Enjoy the ride. You only have one ride through life so make the most of it and enjoy the ride.

LIVE, LOVE, LAUGH. LIFE'S A GIFT ... UNWRAP IT!

Rogue Oktoberfest

ON OCTOBER 15!! MARK YOUR CALENDARS!

This is Rogue's first attempt at making a traditional Oktoberfest beer. Over the years the Oktoberfest style from the major Munich breweries has lost a lot of character and has turned almost into a "Helles" style.

This Oktoberfest is dark and golden in color with a solid, off-white foam. It has a rich German malt aroma and a very distinctive and complex maltiness. The finish is dry.





Cooking With Beer!

Warm Potato Salad with Beer Dressing

Ingredients

- 2-1/2 pounds red potatoes
- 1/2 cup finely chopped mild red or yellow onions
- 1/4 cup finely chopped parsley
- 2 tablespoons chopped chives
- Beer Dressing
- 6 tablespoons olive oil
- 1/2 cup finely chopped onions
- 3/4 cup lager
- 3 tablespoons malt or cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sugar
- Salt and pepper

Instructions

To make the salad:

Cook the potatoes in boiling salted water until a knife point can be easily inserted, about 20-25 minutes.

Remove, and as soon as you can handle them, slice them, unpeeled, into 1/4-inch rounds. While the potatoes are still warm, gently mix them with the onions, parsley, and beer dressing. Do not overmix or the potatoes may break into pieces. Taste for salt and pepper. Garnish with chopped chives. Serve warm or at room temperature.

Yield: 6 servings

To make the dressing:

Heat 2 tablespoons of the olive oil in a small frying pan over medium heat. Add the onions and cook until just soft, about 5 minutes. Add the lager, vinegar, and sugar and boil for 5 minutes. Put into a food processor with the mustard. With the motor running, slowly pour in the remaining 4 tablespoons olive oil. Taste for salt and pepper.

Yield: about 1 cup, enough for 2-1/2 pounds of potatoes

Credits

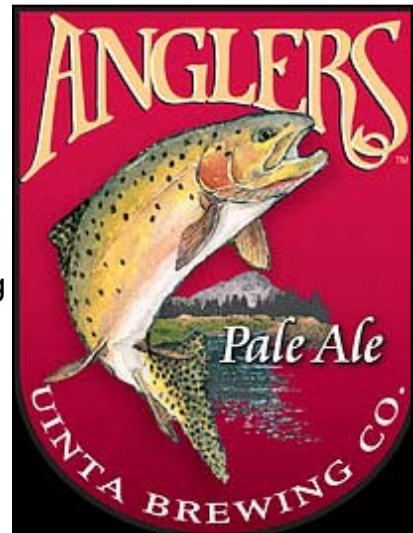
From: Real Beer and Good Eats by Bruce Aidells & Dennis Kelly



Beer Spotlight

Uinta Anglers Pale Ale

Anglers Pale Ale has a rich copper color with a clean, complex malty fullness. It has slightly fruity and estery overtones and a dry hoppy finish. It is the flagship brand of Uinta Brewing Company. ABV: 5.8%



Beer Geek

Why does beer have head/foam?

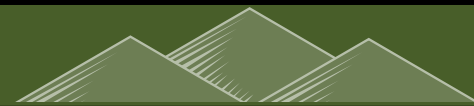
Beer is the only beverage that boasts a beautiful, thick head which can crown a glass or mug for as long as 5 minutes. Credit for this goes to natural carbon dioxide dissolved in beer and valuable proteins contained in barley malt. Pale beers have white head, while porters and dark beer have a creamy one. Experts claim that the finer the bubbles the more noble the beer.

<http://www.kp.pl/eng/ciekawostki.xml>

Community Boards!

Got some news that you want to share with everyone?

Don't be shy, brag on your children and bring us pictures of your pets too! Let all of us know what is going on in your life through our community boards! Each Summits location has a "brag" board. You can use it to sell your '68 Mustang, or rent your house. Even better is to share the birth of your grandchild and your son being accepted to UGA! Leave business cards too!



Food Spotlight

Hauptspeisen (Entrees)

Wienerschnitzel mit Kartoffelpfannkuchen und Rotkohl \$9.99

Breaded pork loin with potato pancakes and red cabbage

Bratwurst mit Kartoffelpfannkuchen und Rotem Kohl \$9.99

Bratwurst with potato pancakes and red cabbage

Weisswurst mit Kartoffelpfannkuchen und Rotkohl \$ 9.99

Weusswurst with potato pancakes and red cabbage

Gebratene Ente mit Kartoffelpfannkuchen und Rotkohl \$ 14.99

A boneless, marinated duck breast roasted with potato pancakes and red cabbage

See our menu: www.summits-online.com

Did You Know?

Q: If the Japanese delicacy fugu pufferfish isn't prepared by an expert chef, will the diner: (a) die; (b) turn bright orange; or (c) hiccup for 40 days and nights?



A: The fugu pufferfish is poison, deadly poisonous if not prepared properly.

Q: What do coffee, tea, tobacco, red wine, soda, berries, and soy sauce have in common: (a) they'll all give you zits; (b) they'll all make you burp; or (c) they'll all stain your teeth?

A: All real teeth stainers (American Health).

Quote of the Week

"If you ever reach total enlightenment while drinking beer, I bet it makes beer shoot out your nose."

Jack Handy

The SUMMITS Calendar!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	CRAB!! 8	9	10	7-9p 11
Coors Light	Sierra Nevada	Flying Dog	Redhook	Terrapin	Gaffel	Pilsner Urquell
		Family Night! 5-9pm	Trivia ALL locations:8p double!		C + W: Trivia 9p S Trivia 10p	
12	Summits Univ. Cumming 13	Summits Univ. Snellville 14	CRAB!! 15	Summits Univ. Woodstock 16	17	7-9p 18
Brooklyn	Bud Ales	Dogfish Head	Spaten 	Lagunitas	Paulaner	Woodchuck
	RANDALL! Cluster/Arrogant Bast.	Family Night! 5-9pm	Trivia ALL locations:8p double!		C + W: Trivia 9p S Trivia 10p	
19	20	21	CRAB!! 22	23	24	7-9p 25
Shiner Black	Abita Jackamo	Negra Modelo	Miller Lite	Sweetwater	J. Rockers	Blue Moon Harvest
	RANDALL! Goldings/Fullers London	Family Night! 5-9pm	Trivia ALL locations:8p double!		C + W: Trivia 9p S Trivia 10p	
26	27	28	CRAB!! 29	30	31	7-9p Nov. 1
Sam Smith	Widmer Hefe	Warst. Oktoberfest	Stella/Unibroue/Tetley	Ayinger	Rogue	Lein'l / Unibroue
	RANDALL! Amarillo/Terrapin Big Hoppy	Family Night! 5-9pm	Trivia ALL locations:8p double!		C + W: Trivia 9p S Trivia 10p	