

BEER

on the wall

Vol. 9 Issue 2

"Drinking Beer Promotes Freedom of Speech"

Drink (water) for the Cure

Cure for the Common Hangover

It's official...the day after has arrived and you're sicker than you ever thought possible. What can you do about it? After thousands of years, we have searched in vain for a cure for hangovers. While there are enough concoctions to make your head spin (if it isn't spinning already), only a few of them are helpful, and none of them truly cure the hangover.

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

- **Don't go out on an empty stomach.** Forget your New Years Resolution to diet for just one night. Snack on some carbohydrates before your night out, or grab a snack at the bar before your drinks arrive. 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.** 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. In case those long hours at the urinal didn't tip you off, more is going out than coming in. You need to replace that liquid.
- **Pre-prepare a Hangover Emergency Cure.** Be kind to your future hung-over self and prepare one of these miraculous little cures. You'll thank yourself in the morning, when you're in a cold sweat, crawling slowly toward the fridge.

The strong desire for a hangover cure has led to many strange experimental remedies. In the middle ages, for example, hangover sufferers tried to relieve their pain by eating a mixture that included raw eel.

Strange remedies exist in our own culture, and as ridiculous as they sound, most of us have tried them. It's two a.m. and you're exhibiting the three S's: slobbering, stuttering and staggering. In desperation, you brew a pot of coffee and take a cold shower. Do these old remedies actually work? Only in the sense that you've finally stopped drinking and you'll smell better when the headache hits. Drinking coffee won't sober you up, it simply makes you a wide-awake drunk. (Although it does tend to help a throbbing headache.)

Avoid drinking coffee right before you try going to sleep. The caffeine will interfere with the sleep that your body desperately needs to recover. Although, if you usually have coffee in the morning, it may be a good idea to have a small cup. You don't need to suffer from two withdrawals at once.

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

Hangover Blender

This simple shake will help your body recover after a night out.

Ingredients:

- 1 banana
- 6 strawberries
- 2 Tbs. honey
- 1 cup orange juice
- 1-2 cups milk (to desired consistency)
- ¼ tsp. salt
- Dash of nutmeg

Mix together in a blender and drink.

OFF THE WALL

BEER OF THE MONTH CLUB

this month's featured beers

Big Sky Brewing Company

Big Sky Brewing Company was started by Neal Leathers, Bjorn Nabozney, and Brad Robinson. Brad and Neal had been home brewers in Michigan since the mid 1980's, and had moved to Missoula with a group of friends in the summer of 1990.

In the early '90s they met Bjorn. One of Brad's first nights in Missoula was spent at the old Iron Horse when it was attached to Bayern Brewing Company down at the end of Higgins Avenue. He was impressed by Bayern's lagers, but felt that there was room in Missoula for a second brewery; and since Neal and Brad specialized in brewing English style ales he felt that an ale brewery would be producing very different beers than Bayern Brewing Company did. Neal agreed, and the three began to work on starting up a brewery.

They brewed their first batch of beer, Whistle Pig Red Ale, in mid-June of 1995 and hit the market with it just in time for the 4th of July weekend. A couple of months later, Moose Drool Brown Ale and Scape Goat Pale Ale followed, and Big Sky Brewing Company was on its way.

The company was a draft only brewery (no bottled beer) for its first five and a half years. They brewed everything on Hickory Street, but they soon realized that had to find a way to put their beer into bottles. The Hickory Street brewery was not nearly large enough to allow for bottling, so they began working toward building a new brewery. Finally, in early 2002 they broke ground on their new brewery on Trumpeter Lane, began brewing in the new brewery in September of 2002, and started bottling their beer there in January of 2003.

Trout Slayer

They say the best way to shrink a fish is with a ruler, but the best way to grow a fish is with a beer. Montana Trout Slayer is the beer to drink when you're knockin' back a couple of cold ones and tellin' fish stories. Who knows, the next one might be the best yet! "A bigger tale with every ale."

Trout Slayer is a filtered wheat ale, fermented at cool temperatures, making it a smooth drinkable beer. Brewed with Palisade, Glacier, and Mt. Hood hops, this straw colored beer is sure to please any craft beer drinker.

Moose Drool

The name sounds a little iffy, but it's really probably one of the best Brown Ales you'll ever taste. With its chocolate brown color and creamy texture, Moose Drool is far and away the best-selling beer brewed in Montana.

A malty beer with just enough hop presence to keep it from being too sweet. The aroma mostly comes from the malt with a hint of spice added by the hops.

Bobo's Robust Porter

According to Montana legend, deep in the expanse of the Bob Marshal Wilderness there lives a small band of rugged and ferocious.... Chihuahuas. Bobo is the packs' Alpha Male, and in a word he is ROBUST, so naturally he deserves his own delicious Robust Porter.

Brewed with 6 different malts and generously hopped, robust doesn't really begin to describe this beer. Smooth chocolate flavors with hints of coffee, caramel and vanilla. Hop presence is copious and is matched by rich malt flavors.

This beer is only brewed seasonally, and is very limited. Fortunately for you, we were able to make a special purchase exclusively for our beer club members to enjoy. Consider it our Valentine's Day gift to you.

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