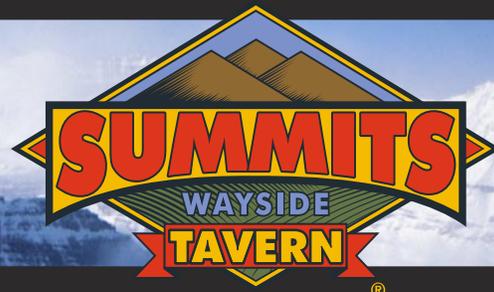


# At the Summit

the e-zine of Summits Wayside Tavern



9 December, 2002

PINT NIGHT

## PINT NIGHT!!

Drink a pint of Killian's on draft and keep the glass!



7 - 9 pm (while supplies last)

**Sandy Springs**  
Thursday Dec. 12  
**Snellville**  
Saturday Dec. 14  
**Cumming**  
Saturday Dec. 14

more promos on the web!

## Holiday Hours!

All 3 locations will be open until 6 pm on Dec 24, and will re-open for normal business hours on Dec 26. We're looking forward to sharing the holiday season with you!

## Menu Spotlight

As the temperatures get cooler outside, our homemade chili is good to warm your insides! Our homemade chili is made with just the right amount of spice. Our chili is a great way to start your meal- in a cup, or a larger portion- a bowl, or even as our Chili Nachos!

For a full look at our menu, click on [www.summits-online.com](http://www.summits-online.com) and let your food adventure begin. Remember, we offer our full menu for "carry-out."



## A View from the Summit...

### "The Regime Wanted Me"

Ni Luai Mang - Kitchen Manager Snellville Location

My name is Ni Luai Mang. I was born in 1970 in Rallang. That is my native village. It is located in the Falam township in the Chin State in Burma. Rallang is a very small village but it looks peaceful and is a beautiful place. Unfortunately, I could only stay there until I finished High School. Then, I had to move to Rangoon because there is no University in the Chin State.

Basically, I started college in Rangoon in 1992. My major was International Relationships. When I was in my third year at Yargon University the students staged demonstrations against the military government. We were demanding the release of students who were arrested with no explanation. The students also wanted Democracy. I was the Secretary of Yangon University representing the Chin Students. So, I had been included in a demonstration on behalf of my nation. Unfortunately, some students were again arrested for that demonstration.

(continued on page 2)



## Summits for Your Holiday Party!

Plan your holiday parties at The Summit. No need to worry about getting the house cleaned up before all the guests arrive. Who needs people staining your carpet and terrorizing your pets? Have your party at Summits, let us do all of the work for you! Sit back, relax, and enjoy the Holidays!



## Try Something New - Drafts!



### Snellville

Michelob Ultra  
Dogwood Winter  
Sam Adams Winter  
Harpoon Winter  
Sweetwater Festive Ale  
Anchor Christmas  
Cottonwood Pumpkin

### Sandy Springs

Michelob Ultra  
Dogwood Winter  
Sam Adams Winter  
Harpoon Winter  
Sweetwater Festive Ale  
Anchor Christmas '02  
RedHook Winter Hook

### Cumming

Michelob Ultra  
Sam Adams Winter  
Harpoon Winter  
Sweetwater Festive Ale  
Anchor Christmas '02  
Cottonwood Pumpkin

Full list of new drafts at [www.summits-online.com](http://www.summits-online.com)

Visit us on the web at [www.summits-online.com](http://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, headquartered in Snellville, Georgia serving quality food and beverages.

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## Find your Summits!

### Locations

**Summits Wayside Tavern® - Sandy Springs**  
5830 Roswell Road  
Sandy Springs, GA 30328  
Phone: 404-257-0735  
Fax: 404-257-1298  
[summits-online.com/sandysprings/](http://summits-online.com/sandysprings/)

**Summits Wayside Tavern® - Snellville**  
3334 Stone Mtn. Hwy. (Hwy 78)  
Snellville, GA 30078  
Phone: 770-736-1333  
Fax: 770-736-0041  
[summits-online.com/snellville/](http://summits-online.com/snellville/)

**Summits Wayside Tavern® - Cumming**  
525 Lake Center Pkwy.  
Cumming, GA 30040-2752  
Phone: 770-886-4374  
Fax: 770-886-4376  
[summits-online.com/cumming/](http://summits-online.com/cumming/)

## "The Regime Wanted Me..." (continued from page 1)

In August 1998 during demonstration time we were handing out leaflets protesting the military government in Burma. We were actually surrounded by police officers and military intelligence guards. By the grace of God I was not arrested and escaped. But, the regime wanted me for my active participation in the Pro-Democracy movements.

For these reasons I had no choice but to "run". Basically, I escaped to Guam on September 20, 1998. I applied for my political asylum in the United States with the INS. After two years I was granted asylum in the United States. So my life went until I came to Atlanta. I started to work for Summits Wayside Tavern and later became the Kitchen Manager there.

I love my job and all of our employees. I think that they are friendly and kind. I really appreciate them. I am thankful for all of the support that I have received.

**Editor's Note:** Each week, we'll bring you a column featuring a thought, a story, or even prose by your favorite people at Summits! So, don't miss a week- you'll miss a lot!



## A Bit of Philosophy...

From a beer list: -

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2" in diameter.

He then asked the students if the jar was full? They agreed that it was. So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was. The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then asked once more if the jar was full. The students responded with a unanimous - yes.

The professor then produced two cans of beer from under the table and proceeded to pour the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The rocks are the important things - your family, your partner, your health, your children --things that if everything else was lost and only they remained, your life would still be full.

"The pebbles are the other things that matter like your job, your house, your car. The sand is everything else - the small stuff.

"If you put the sand into the jar first," he continued "there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

"Take care of the rocks first -- the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the beer represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers."

## Cooking With Beer

### Chicken with a Creamy Beer Sauce

1 chicken, about 4 pounds, cut in 8 serving pieces or boned chicken breasts with skin, about 1 1/4 pounds, cut in 8 serving pieces

salt & fresh ground pepper

3 Tbsp butter

1 onion, chopped

1 garlic clove, chopped

2 bay leaves

2 cloves

1 tsp fresh sage, chopped

3 cups pale or amber-colored beer

1 Tbsp flour

1/2 tsp nutmeg

3 egg yolks, beaten

1 cup heavy cream

Rub salt and pepper on both sides of chicken. In large skillet, melt 2 Tbsp of the butter over medium heat. Sauté the chicken until golden-brown on all sides. Add onion, garlic, bay leaves, cloves, sage and beer. Bring to a boil and reduce heat. Simmer until chicken is tender to the fork-about 40 mins.

Remove chicken from skillet, set aside, and keep warm. Over medium heat, cook the remaining liquid, watching carefully, until it is reduced by a third. In a saucepan, melt 1 Tbsp butter. Stir in flour and cook for 2 mins. Gradually stir in the sauce from the skillet and add nutmeg. Simmer for 10 more mins.

Place egg yolks and cream in a bowl. Whisking constantly, slowly add the bouillon. Return this mixture to the saucepan and slowly reheat it, whisking constantly. Do not boil. Extract the bay leaves and cloves, pour the sauce over the chicken, and serve over noodles. Makes 4 servings.

**Beer Lover's Companion** by Josh Leventhal



## Calendar

### Sandy Springs

Dec. 10 Team Trivia

Tues. 8-10 pm

Dec. 12 Killian's Red

Thu. Pint Night 7-9

Dec. 13 Team Trivia

Fri. 10-12 pm

Dec. 17 Team Trivia

Tues. 8-10 pm

Dec. 19 Heineken

Thu. Pint Night 7-9

Dec. 20 Team Trivia

Fri. 10-12 pm

### Snellville

Dec. 9 Team Trivia

Mon. 7:30 - 9:30 pm

Dec. 14 Killian's Red

Sat. Pint Night 7-9

Dec. 16 Team Trivia

Mon. 7:30 - 9:30 pm

Dec. 21 Heineken

Sat. Pint Night 7-9

Dec. 23 Team Trivia

Mon. 7:30 - 9:30 pm

### Cumming

Dec. 11 Team Trivia

Wed. 8-10 pm

Dec. 6 Sweetwater GA Brown

Fri. Pint Night 7-9

Dec. 14 Killian's Red

Sat. Pint Night 7-9

Dec. 18 Team Trivia

Wed. 7:30 - 9:30 pm

Dec. 21 Heineken

Sat. Pint Night 7-9

Go to [summits-online.com](http://summits-online.com) for the latest promotions!

## Beer Spotlight of the Week

This week we shine on **Heineken**. Try one at your favorite Summits today!

Heineken today has its headquarters in Amsterdam but no longer brews there. The old Haystack site is now a restaurant and hotel. The second brewery built by the founding Heineken near Museum Square is a visitors' center with views of superb copper vessels and video shows depicting the history of the company.

This enormously successful beer is something of a hybrid, a half-way house between a true Pilsner and the light-bodied international style. It has a delicate hop and malt aroma, a clean palate and refreshing finish with some hop notes.

**The World Beer Guide** by Roger Protz

## Nutrition of Beer...

If Beer Had a Nutrition Label It would say...

Beer contains 150 calories

Beer has no fat

Beer has no cholesterol

Beer is caffeine free

Beer contains no nitrates

Beer is low in sugar

Beer contains 1 gram of protein and 13

grams of carbohydrates

Beer contains significant amounts of mag-

nesium, selenium, potassium, phosphorus and biotin

Beer is contains lots of the B vitamins

Beer is 92% water

The above nutrient levels will vary with

different beers and different styles. But,

across the board, in moderation, beer is a

nutritious beverage.

**Source: Gregg Glaser, All About Beer**

**100% Pure Rogue, Number 16, 2002**

## Beer for Diabetes!

The American Diabetes Association says that a low fat diet that includes an occasional glass of beer "can be effective as some drugs when it comes to treating type 2 diabetes."

The average man with type 2 diabetes can have up to 2 beers a day, as long as it is taken with food, not as a substitute for food.

**Source:**

**100% Pure Rogue, Number 16, 2002**



## Did You Know?

The Michelob name was adapted from a town in Czechoslovakia named Michalovce. It's not the first time Anheuser-Busch found inspiration in European geography to name a beer, however. In 1876, Adolphus Busch wished to invest his newly created beer with Old World character, so named it Budweiser, after the royal Bohemian town of Budweis (formerly Ceske Budejovice). The local brew in Budweis, known as the "beer of kings," also inspired Busch to call his the "king of beers."

Carbonation "steam" released from warm temperature brewing gives Anchor Steam its unusual name, although others say it was based on the original power source. Whatever the case, Anchor now owns the "Steam" trademark.

The mid South's first microbrewery, Bohannon, is located on the river overlook site of Nashville's now defunct pioneer commercial brewery, Crossman & Drucker, which started pouring beer in the pre-Civil War year of 1859.

**The Beer Lover's Rating Guide** by Bob Klein

## Drinks!

### Morning

3 drops Angostura bitters  
5 drops Pernod  
1/2 tsp grenadine  
1/2 tsp dry vermouth  
1 measure Curacao  
3 measures brandy  
cherries (optional)

Put ice in a mixing glass and add all of the above liqueurs. Shake until mixed then strain into a chilled cocktail glass. Garnish with cherries if desired.

**The Ultimate Cocktail Book** by Bill Reavell, etc.

## Summits Logo Gear...

Great Gifts for the Holiday Season- buy two- one as a gift, and one to keep for yourself!

Shortsleeve T-shirt	black	\$14.99	Polo shirts long	black	\$29.99
	gray	\$14.99		green	\$29.99
Longsleeve T-shirt	black	\$16.99	Hats	khaki	\$14.99
	gray	\$16.99			
Polo Shirts short	black	\$26.99	Denim shirts	denim	\$33.99
	green	\$26.99	Fleece Pullovers	black	\$39.99
	burgundy	\$26.99	Jackets		\$200.00

## Quote of the Week

"I'd hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me."

-Hunter S. Thompson

Know someone who would enjoy this newsletter? Print it and drop it in the mail to them or forward via email!



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[www.summits-online.com](http://www.summits-online.com)

Great Food  
Great Drinks  
Terrific Times