



Springs Liquor Outlet Newsletter

6010 N. Carefree Circle
Co Springs, CO 80922
719-573-5777
719-573-5778 Fax
www.slo1.net

Store Hours
Mon – Thurs: 9am – 10pm
Fri – Sat: 9am – 11pm

Newsletter for Springs Liquor Outlet

Volume 5, May-June 2005

Dear Valued Customers,

Our next **Family Card weekend** will be held on the 19th, 20th, and 21st of May with a special event on Friday the 20th. Family Card members receive 15% off all non-sale wines and liquors. Beer remains at 5% off and there is no additional discount on kegs or cigarettes. (No rain checks). The most important day to remember this month is Memorial Day (May 30th). The greatest honor we can pay our fallen heroes is to take a few moments each day to remember the sacrifice they made for our freedom and to exemplify those values in our daily lives. We extend our heartfelt thanks to those members of our military serving at home or overseas and hope for their safe return. This is also the time when people begin to think about summer so we will offer you information about the health benefits of wine in our Wine Racks section. Also, check out our Beer of the Month and some great cooking ideas for the grill. We hope that this summer will bring you warm days filled with good times and good friends.

– **The SLO Staff**

Wine Racks – As the summer creeps into the landscape, many people begin to think of outdoor activities and general health issues. With this in mind, we offer you some information on the health benefits of drinking red wine in moderation. While it is certain that heavy alcohol consumption provides few benefits, recent studies show that moderate (one or two glasses each day) wine drinkers display a reduction in the chance of contracting numerous cancers, kidney stones, strokes, and heart disease. Studies have also shown an increase in overall cardiovascular health. This phenomenon is commonly referred to as the “French Paradox.” White wines are fermented without the grape skins, thus removing the part of the grape that provides many health benefits. Scientists are currently working on ways to increase the levels of helpful molecules in white wines. On the other hand, red wine gets its color from the skin of the grapes used in the fermentation process. Tannin is a substance that naturally occurs in grape skins and has a drying effect on the palate when consumed. As a result, tannic wines are described as astringent, bitter, or firm. Tannin includes molecules that act as antioxidants, which are clinically proven to protect cells from cancerous damage caused by free radicals, or unstable molecules in our bodies. Red wine contains antioxidants called Flavonoids (Antocyanin) and Polyphenols (Resveratrol). Polyphenols are found in the yeast used by vintners to encourage fermentation. Resveratrol is a form of estrogen and has been proven to reduce the danger of contracting cancer and heart disease. Flavonoids have been shown to reduce the occurrence of LDL cholesterol and assist in the prevention of blood clots. Another benefit comes from the conditions under which wine is typically consumed. Wine is served with meals, a time when our bodies are actively utilizing digestive molecules. This is the perfect time to introduce helpful elements as our bodies will immediately begin using the antioxidants. When enjoyed in social situations, moderate wine consumption contributes greatly to our psychological health by relieving stress, stimulating our thought processes, and enhancing our relationships with others. We hope that this information has you thinking about red wine in a new and positive manner. This summer, take advantage of the warm weather and beautiful surroundings here in the Colorado Springs area, pack up a picnic lunch, a bottle of your favorite red wine, and take the day to hike and explore with friends and family. Allow wine to become a healthy part of your summer activities and always drink responsibly. – **Kurt Krueger**

SALES & SPECIALS

Family Card Specials

20% off Everyday Low Price

All Rosemount 750ml and 1.5L
All Woodbridge 750ml and 1.5L
All Budini 750ml
All Montage 750ml
All McWilliams 750ml
All Penfold wines
All Greg Norman 750ml
All Deaken Estate 750ml
B&G Vouvray 750ml
Snoqualmie Sauvignon Blanc 750ml
**Kendall Jackson VR Chardonnay
750ml \$8.79 with discount (was \$10.99)**

Wine Sales

Columbia Winery Chard **\$8.99** (was \$10.99)
Columbia Winery Semillon **\$5.99** (was \$7.49)
King Estate Chard **\$9.99** (was \$13.49)
Drouhin Chablis Monmains **\$18.99** was \$21.99
Columbia Crest Semillon **\$5.99** (was \$6.99)
Columbia Crest Sauv Blanc **\$5.99** (was \$7.99)
STG Chardonnay **\$10.99** (was \$13.49)
Newlan Napa Chard **\$12.99** (was \$15.99)
Markham Chardonnay **\$12.99** (was \$15.99)
Rabbit Ridge Sonoma Chard **\$9.99** was \$12.99
Sonoma Creek Chard **\$8.99** (was \$11.99)
Big Horn Cab 750ml **\$19.99**
Frei Bros. Cab 750ml **\$17.99**
Frei Bros. Pinot Noir 750ml **\$17.99**
Frei Bros. Chardonnay 750ml **\$15.99**
Frei Bros. Merlot 750ml **\$15.99**
Louis Martini Sonoma Cab **\$11.99**
Louis Martini Napa Cab **\$19.99**

Beer Sales

MGD and Miller Lite suitcases \$17.99
Coors and Coors Light 20pk \$13.99
Corona 12pk bottle \$12.49
Marten’s Low Carb Beer 6pk \$6.49
Beck’s Light 6pk \$6.19
Foster’s Oil Cans \$1.59
Heineken 12pk bottle \$11.99
All Bridgeport 12pks \$9.49
Bud and Bud Light 20pk \$14.99

Make sure to check out our “Blow Out” carts. All wines reduced to **\$5.99**

All Sales and Specials may end anytime without further notice. While supplies last. No rain checks.

Timely Cocktails

Something new, something different... Try these original cocktails concocted by the SLO Staffs.

DJ Quick

1 oz Dark rum
1 oz Jamaican rum
1 oz Tuaca
Squirt

Combine ingredients in tall glass. Serve over ice with lime wedge.

- **Guara**



Grilling Plans for Beer Fans

The combination of drinking beer and grilling meats is one of those quintessential all-American pairings. Several studies have shown that grilling muscle meats (cow, fish, chicken, etc) over charcoal can create cancer-causing agents. Fat builds up then drips onto the hot coals, and finally evaporates, often sticking to the meat. It has even been said that a pound of meat grilled over charcoal may contain as many carcinogens as 300 cigarettes. No evidence attributes cancer in humans to eating grilled meat, but studies show that soaking meat in beer for several hours prior to cooking reduces the chance of carcinogen formation. The beer must contain alcohol, but the alcohol will evaporate during the cooking process. Try to avoid using beer with a high hop content as the taste can overwhelm your palate. Don't be frightened if you've never cooked with beer before, it is versatile and fun. Look at the bottom of the page for some helpful pointers. – **Trey Kern**

Trey's Mad "Lab" Experiment:

You will need:

Steak

8-12oz cut of your choice

12oz bottle of Laughing Lab (per 2 steaks)

Baked Potato

1-nice size potato (per person)

1/4 cup margarine (per potato)

1/4 cup kosher salt (per potato)

Steak dipping sauce

1-cup sour cream

3-tblsp horseradish

1-tblsp dill weed

Directions:

- 1) Combine steak and Laughing Lab in an air-tight container, shake and put in fridge over-night, shake occasionally.
- 2) When time to cook, pre-heat oven to 350 and fire up the grill.
- 3) Melt margarine for 5-10 seconds and stir to a mayonnaise consistency. Coat potatoes with margarine then sprinkle with salt.
- 4) Place potatoes on baking sheet and cook for one hour at 350. Start steaks after potatoes are baking.
- 5) Combine sour cream, horseradish, and dill weed. Mix and divide to each dish.

Pointers on using beer in the kitchen:

The common 12oz bottle measures 1-1/2 cups. It does not matter if the beer is freshly opened. Use cold or warm, small amounts can spark up any dish. Longer the dish is cooked, less beer flavor remains.



The "Diamond"

1/2 oz. Vodka
1/2 oz. Tequila
1/2 oz. Irish Cream
1/2 oz. Kahlua

Fill with coffee in mug or Irish Coffee glass.

- **Christopher**

Jamaican Ten-Speed

1/2 oz. Banana liqueur
1/2 oz. Coconut rum
1/2 oz. Midori
Splash of half and half cream

Combine with ice in shaker, serve as a shot.

- **Christopher**

The SLO "Beer Man's" Pick of the Month –Founded by an Electrical Engineer and a Social Worker, New Belgium constantly looks for ways to increase energy efficiency and social responsibility. The brewery embraces emerging technologies, utilizes alternative forms of energy, and reduces waste by recycling. It is the nation's first 100% wind powered brewery. In 1993, the brewery began donating \$1 for every barrel of beer sold the prior year to charities supporting the environment, substance abuse treatment programs, the arts, and other cultural interests. New Belgium supports non-profit organizations that demonstrate creativity, diversity and an innovative approach to their mission and objectives. LOFT is New Belgium's spring and summer seasonal brew. The name LOFT pays tribute to alternative forms of energy, like the wind power they use to operate the brewery. It is made with wheat, barley malt, and lime tree leaves, which add to LOFT'S citric aroma. It has a sharp hop flavor that makes your mouth feel fresh as a summer day. LOFT is full-flavored and figure-friendly with only 118 calories per 12oz. It goes well with Thai dishes and backyard activities. New Belgium beers are available at Springs Liquor Outlet for \$7.19 per 6pk - **Trey Kern**

Upcoming Events

Family Card Weekend – May 19th, 20th, and 21st

May 20th, 6:00PM to 8:00PM - The Miller Party Bus will be stopping by with Coors Light and Miller Lite girls. Come by for free gifts, samples, and get your autographed picture taken with the girls.

If you would like to receive the Newsletter and the Family Card Weekend notice via email, please send your request to support@slo1.net