

FINDING NEW REASONS TO  
DRINK GREAT COFFEE

Volume 3, page 1

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Those of us who work at Sacred Ground and Mountain Phoenix Coffee Roasters appreciate your business. We will always look for ways to keep our prices competitive as we continue to look for the best coffee from the best sources from around the world. Stop by for our \$1.00 off a pound of coffee when you mention the "newsletter special" (Limit one per customer) Thanks again and Don't Forget to Vote for the candidate of our choice....

Save money on your home brew...

Buy a gold filter for your machine.

They're under \$10, last for years, and totally eliminate the need for paper filters. You not only save money, you save trees!

Keep your coffeemaker clean.

Coffee naturally has a lot of volatile oils that can coat the machine, thousands of grinds escape over time, and both make for a messy pot. However, the main reason to keep it clean is that a clean pot makes a more flavorful one!

If you've had your coffeemaker for more years than you can remember, and it still makes great coffee, keep it. If not, replace it with a high-quality brewer that preferably has a stainless steel carafe that can keep coffee warmer longer and is less likely to break than glass carafes can.

Brew by measure.

For most home coffee brewing is 2 Tbs. per 6 oz of water. A standard coffee measure should be 2 Tbs (1/8 cup) . Be warned some coffee measures deviate from the 2 Tbs. standard. Some are even as small as 1 Tbs. No more waste, no more coffee that is too strong one day and too weak another. After all, a wonderful cup of coffee is a gift from nature; respecting this requires us to brew it the best way possible to bring out its inherent flavor, fragrance, and healthful antioxidants.

Whole beans are a little more expensive than pre-ground, but what a difference in flavor when you grind just before brewing. You'll drink less because you'll be satisfied more.

Buy good coffee.

Buy the best you can afford. Make each cup one to savor, not one to gulp. If it's the buzz and the energy boost you want, consider taking a quick walk around the block or, at the very least, step outside for some healthful Vitamin D saturated rays and a fresh oxygen in the air. Beats a windowless office any day for a quick pick-

*Special points of interest:*

- Sacred Ground Coffee Shop regulars report coffee tastes better if you let it sit for three or four seconds....
- Mountain Phoenix Coffee wins best in class at Beijing Olympics.
- Sacred Ground Coffee Shop: Get double what you'd expect for half the price
- Sacred Ground Barista offers directions to family from Los Angeles looking for I-70.
- Website: [www.mountainphoenixcoffee.com](http://www.mountainphoenixcoffee.com) is ready for your order, send to your friends or order yourself for them...And that's anyplace there is internet....



me-up. Then, if you want to drink your mid-morning or mid-afternoon cup, you'll be refreshed, relaxed, and ready to enjoy every last drop of a fine, freshly brewed cup.

## Top 10 Health benefits drinking coffee

- Coffee has been linked to a lowered Parkinson's risk
- Coffee can lower diabetes risk factors
- Drinking 4 or more cups of coffee a day may help prevent gout
- Coffee may protect against bladder cancer
- Coffee lowers your risk of cavities
- Coffee can reduce the risk of chronic liver disease
- Coffee jump-starts short-term memory
- Coffee has been used to treat asthma
- Coffee is said to discourage the development of colon cancer
- Coffee is used to treat headaches

We are not sure about these claims...but it's definitely interesting that a simple beverage, has so many potential benefits ...something certainly to do your own research about.



### Over the Coffee Pot

Some of us are already pulling gear out of garages and dreaming of white hills and waist deep powder. "Hope we get another year like last year" (A great year with almost non-stop great skiing). "A record for snow? The hard core counters of things like that— called it more like average...not average in the time of global warming, but average to those who have ten or twenty winters shoved into their Chaffee county boots. "That's what winter looks like..." I heard from sun baked outdoor men and women who know their poetry *and* their arithmetic. Stuff that lasts into spring and doesn't turn into a hill of ice.." If it was as good as last year, no matter what you call it if it's not nirvana I'll just have to settle for heaven.... an average winter in the Rockies.

## The whole truth.....no grinding

IF YOU WOULD LIKE TO OPT OUT  
OF OUR NEWSLETTER JUST SEND  
US A 'THANKS ANYWAY' EMAIL &  
WE'LL TAKE YOU OFF OUR LIST.  
THANKS

Join us for a cupping

*Call Bryan at 221-0088 to get  
on Bryan's list to attend one of  
his weekly cuppings. Both fasci-  
nating and time consuming*

It is becoming easier to contact us online:  
[www.mountainphoenixcoffee.com](http://www.mountainphoenixcoffee.com) is continuously being up-  
dated...order your coffee or give us a shout, we'd love your  
feedback

CALL BRYAN OR AL AND LEARN ABOUT THE GREAT BENEFITS OF  
PLACING AN AD IN OUR NEWSLETTER...POTENTIAL TO REACH  
BILLIONS OF NEW CUSTOMERS...221-0088 OR 221-0285



Volume 3, PAGE 4  
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Bring in your  
own cup to  
Sacred Ground  
and help save  
the planet

*Coffee with  
Altitude*

What's on AI's IPOD?

These are the artists that got me tapping my foot:

1. British female soul singers...yeah and the one with greatest pipes:Adelle—
2. Boz Scaggs—His new CD Standards Vol. 1
3. Fleet Foxes
4. Hercules and Love Affair

Step 1

### *HOW TO STAY HEALTHY THIS WINTER*

Keep hands clean by washing them frequently with warm water and soap. You should scrub your hands for at least 20 seconds to remove germs. This step is especially important before you eat or after you are in a public place.

Step 2

Eat balanced meals with healthy choices. Your diet should include fresh fruits and vegetables, whole grains, lean protein and low-fat dairy products. You may also want to include some foods that will boost your immune system such as soups, or use garlic and ginger in your cooking.

Step 3

Keep hydrated with at least 8 cups of fluids a day. The best option is water but you can include other good choices like 100 percent fruit juice, teas and milk.

Step 4

Give your body both the rest and physical activity it needs to stay healthy. To fight off sickness, your body needs to have the energy and strength to do so. For this to happen, you need to get a good night sleep and make time for daily exercise. Exercise can also reduce stress and make you feel more fit.

Step 5

Make an appointment to receive a flu shot.