



The
Wine
Stop

A Beer and Beverage Boutique

The Wine Stop Newsletter

January 2007

Issue #36

Good Value Boutique Wines • Special Occasion Wines • Collectable Wines • Micro Brews • Specialty Sake • Specialty Spirits • Gourmet Deli Items • Delivery • Gift Baskets • Picnic Baskets • Gift Registry • Complementary Weekly Wine & Beer Tasting • Wine and Food Pairing Focus • Event Planning • Wine Education • Wine Service Consulting • Wide Selection of Wine Accessories

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Calendar of Events

COMPLIMENTARY WINE TASTING EVERY SATURDAY from 1:00 p.m. 5:00 p.m.

January 6 – Rogue Oregon Brews

January 13 – Blends: Rhone vs Bordeaux

January 20– Washington Wines

January 27 – Blind Wine Tasting: Who am I?

SUNDAY SEMINAR

January 28th, 3-4:30pm: Putting Flavors into Words

A fun interactive class about learning to identify and describe the flavors and aromas in wine.

Cost: \$25 Club Discounts Apply

Parking is available: on our lawn and driveway; the driveway behind our store after 4PM; and next door at International Jewelry after 4PM.

Flavor of the Month

Rogue Collectable Ceramic Bottle Beers They're back for a limited time. Flavors available are Imperial Pilsner, Imperial Stout, and Imperial I.P.A. (Indian Pale Ale)

Cost: \$14.99

Winery of the Month

Long Shadows Washington Co-op

Top wines made in Washington from the best Washington vineyards by world renown winemakers and brought together by Allen Shoup a former CEO of Chateau St. Michelle.

Sequel

crafted by John Duval who is best known for his work with Penfolds Grange, the gold standard for Australian Shiraz. Sequel is his first U.S. wine, a name chosen in recognition of his life's work with the Syrah grape.

Cost: \$57

Saggi

Acclaimed as the best Sangiovese out of Washington is made by the father and son team of Ambrogio & Giovanni Folonari Tenute. Ambrogio is a past president of Ruffino and, while at it's helm, was at the forefront of a new group of top wines now widely known as, "Super Tuscans"

Cost: \$47

Poet's Leap

Created by Armin Diel is one of Germany's most acclaimed Riesling producers. As rankings go, his Rieslings have a status comparable to Burgundy's Grand Cru. His estate is a member of the prestigious "Verband Deutscher Pradikatsweinguter" (VDP) and Armin is president of the VDP-Nahe section.

Cost: \$23

These wines are limited and will be available for purchase on January 4, 2007. If you have a specific quantity in mind, please call or e-mail us to confirm availability.



Wine News

The Wine Stop's VIP Napa Tour May 21st -25th , 2007

This tour will be 6 days and 5 nights in Napa Valley, California. As you know, Napa is a world unto its own, a feast for the senses, at the same time, both quaint and elegant. Wines from Napa are counted among the best in the world. A campus of the Culinary Institute of America sits nestled in its heart. The wine and food experience in Napa is exquisite, to say the least, and hedonistic at its core. Kim & Liane, both certified sommeliers, will be your tour guides. Cruise through Napa with us on this all inclusive trip (excludes air transportation). Starting at \$2,195 per person double occupancy before taxes and fees. A 10% non-refundable deposit reserves your seat on the tour, limited to 15 people. Visit our home page for more information.

www.thewinestophawaii.com and remember: **Taste is a journey not a destination. . . come journey with us.**



Liane's Corkey Trivia

Imagine being able to eat as much bacon, butter, pork fat, and spam as you'd like without the negative health side effects? (It's possible that after eating all that fat you might weigh twice as much as you should weigh, but there are lots of chubby chasers out there, and we even have our own clothes sizes, like the "Chubbett" of my youth over at Woolworth's on Fort Street Mall. (hmm I'm dating myself.) Imagine eating all those things and being just as healthy and energetic as a normal weight person.

Yahoo! Salvation is right around the corner. Scientists have demonstrated that mice fed a high fat diet along with a polyphenol called resveratrol (found in red wine) can be just as healthy as a normal weight mouse. Fat mice without resveratrol were lethargic and reluctant to hop onto the exercise wheel. They would even jump off the wheel if they were placed in it, then again who wants to run in a wheel after just having eaten a healthy portion of spam. What they really needed was a mouse sized Sony Play Station 3, (now that's my kind of exercise).

So where did they get the idea to look for this miracle substance in red wine? They deduced it from the French Paradox. Unlike philosophical paradoxes, this is a happy paradox. A while ago, scientists noticed that the French could eat marvelously fatty foods rich with cream, butter, and duck fat on a daily basis without dropping dead from heart attacks at an accelerated pace. Scientists have been gradually narrowing in on the fact that it is not necessarily French genetics that gives them healthier hearts, but the fact that red wine is a key component of French meals. Resveratrol, the component of red wine, is the actual chemical behind the French Paradox.

They are now testing the substance on mice with remarkable results. For humans to get the same dosage that the mice were getting we'd have to drink about 100 bottles of red wine per

day give or take 250 bottles. Imagine what that might do to your liver? But, in mice pumped with resveratrol, they found their livers to be normal! Resveratrol also prevented the mice from developing diabetes which can be pretty common among overweight people and mice.

Fat resveratrol mice were even more agile than regularly fat mice. Scientists, "Gauged how well the mice could walk along a rotating rod before falling off to test their motor skills. The mice on resveratrol did better as they grew older ending up with much the same staying power on the rod as mice fed a normal diet."(NYT 11/4/06). Bodes well for us chubby humans, the closest I'll ever come to balancing on a rod is using a corkscrew to open a wine bottle. O.k. so that's a measure of dexterity not of agility. But then again no one's come up with mice sized corkscrews to test mice dexterity.

So you know how you always make those New Year's resolutions to lose weight and get healthy? Well, now you can achieve all your New Year's resolutions in a glass. Finally, a New Year's resolution I can keep. Cheers!

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