

Beer — just the thing for joggers?

Although American college students may drink a lot of beer, few know much about the age-old product they are consuming. Following are answers to selected questions submitted by collegiate beer connoisseurs in response to earlier installments of "Beer Talk," a column compiled by the opinion research department of Fleishman-Hillard, Inc.

Ale, Lager, Pilsner, Porter, Stout — what's the difference?

They're all beer, according to most definitions. The main difference with these terms is the variety of yeast used for fermentation. For example, ale yeast works better in warm cellars, rises to the top of the vat during fermentation and imparts a distinctive "tang" to the beer.

Today, ale and beer are almost synonyms. Yet until the latter part of the seventeenth century ale was brewed only with malt, yeast and water; beer was a malt brew in which hops also were used. Since that time, the distinction has not applied.

Lager beer, which originated in Germany in the eighth century, is a brew that is allowed to ferment, and ripen, at cold temperatures, brought to mellow maturity (aged) and enlivened by natural carbonation.

Sparkling, effervescent and pale to dark in color, lager is fermented with a yeast that settles on the bottom of the ageing tanks. Lager is usually stored in refrigerated cellars for maturing and clarification. Lager is derived from the German verb "lagern" which means to store.

Pilsner derives from Pilsen, Czechoslovakia. Pale and light, but not thin, Pilsner beers are slightly "hoppy," and relatively bubbly but never gaseous.

Brewers refer to porter and stout as "black beers."

Porter, like ale, is also a top of the tank fermentation beer, but is heavier and darker than ale. Porter

is also less "hoppy" and sweeter in taste than regular ale.

Stout is similar to porter, but of very dark color with a strong malt flavor and a sweet taste. It is heavier than porter and possesses a stronger hop character.

Is it OK to chill beers twice?

It is a common misconception that cooled beer will lose its taste if it's allowed to warm up.

The fact is, naturally brewed beers — made without chemical preservatives — should ideally be kept cool from the time they leave the brewery until they are consumed. But if that proves to be impossible, the longer a beer has been kept cool before it reaches the consumer, the better it will taste.

The major enemies of beer freshness are natural reactions that occur during product storage. These reactions can break down a beer's natural flavor and body. Storing beer in cooler temperatures slows down reactions that could affect its taste.

Does beer improve with age?

No. Beer is really only aged while it's in the aging cellars at the brewery; not after it's been packaged. And naturally brewed beers often take twice as long to properly age as do beers made with chemical additives.

Non-chemical beers improve the longer they are in the brewery's aging tanks. The process is costly, but those brewers, who allow their beers to naturally ferment, benefit by offering superior quality products to consumers.

As an avid jogger, I recall having heard that it's good to drink a beer after running. Is it true?

Runners, take a tip from jogger-cardiologist George Sheehan:

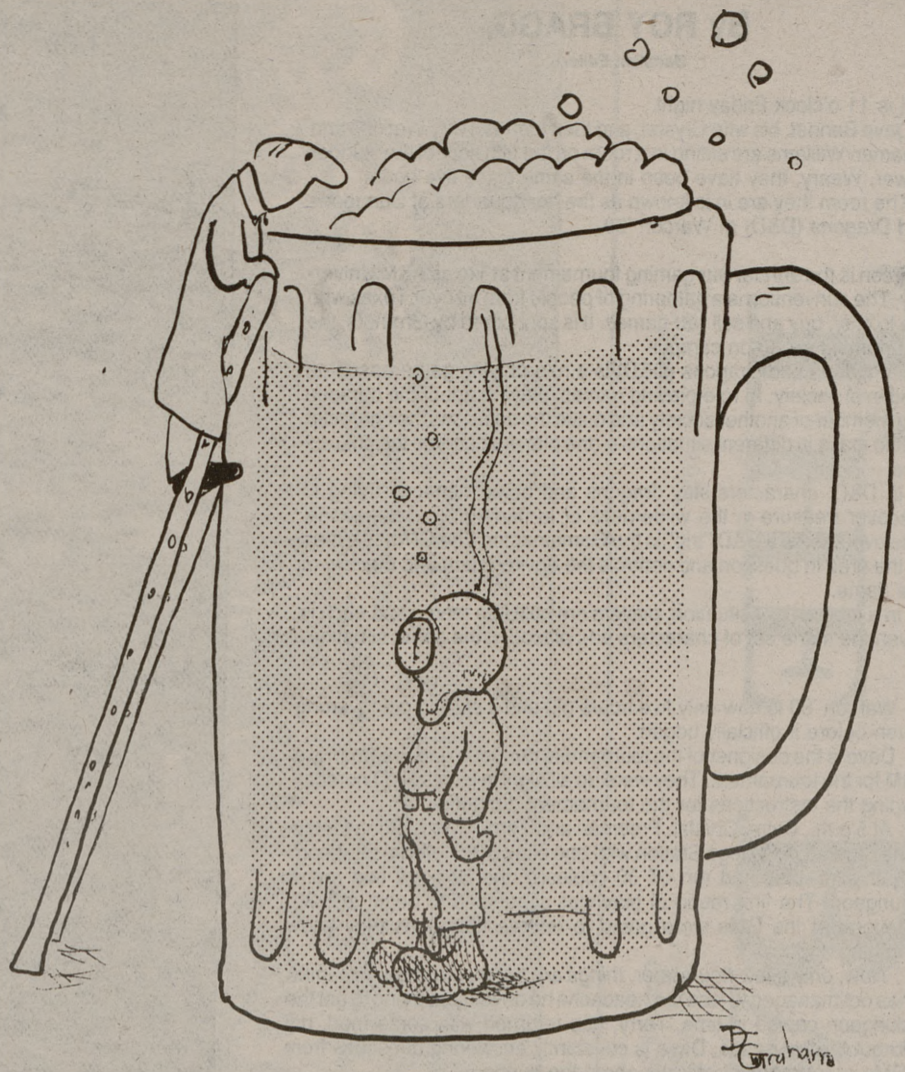
"Beer provides fluid and quick energy to some runners."

Surprised? Runners drink a variety of solutions immediately before, during and after running to prevent dehydration. But the most important ingredient by far is the water in them. For once fluid loss reaches about six percent, the hazards include rising body temperature and

threat of heat stroke.

Beer provides fluid and quick energy in immediately absorbed calories. The alcohol is absorbed and does not require digestion as sugar does. Hence, the fluid then gets into the system more quickly.

Thomas Bassler, editor of the American Medical Joggers Association publication, reports he runs 25 miles on Sundays, drinking a beer every few miles. When asked about the mileage, he said, "I jogged a six-pack."



Birds can make great pets, but watch out for drawbacks

United Press International
WARWICK, R.I. — Birds can be great pets, easier to care for than dogs, more affectionate than goldfish.

But there are several things you should know before you open your wallet and let the dollars fly out.

— Birds often bite. Parrot beaks are powerful enough to cause serious harm. Parakeets can bloody a finger.

— Some species are expensive. If they die, you have no recourse. Pet shops issue no guarantees. Few veterinarians are willing or able to help cure a sick bird.

Consider some statistics, offered by pet shop owner Sam Richeson in Warwick, R.I.

Of all birds bought as pets, approximately 60 percent never become tame enough to be handled. Only about 40 percent of the birds sold as talkers ever learn to say even one word.

It is estimated that 20 million Americans own at least one bird. For most people, having a bird as a pet means a parakeet or a canary in a cage in the living room.

But for a rapidly increasing number of people, the more exotic spe-

cies, including parrots, macaws, cockatoos and tucans, are most appealing.

More exotic also means more expensive.

A hyacinth macaw can cost as much as \$5,000; African gray parrots, \$600; finches, \$250 a pair.

You can beat those prices by subscribing to one of the many national magazines. Through their classified advertisements, African grays can be bought for \$250 each, with similar "bargains" on other species.

Shipment from commercial advertisers is usually by air freight, with delivery the same day.

You pay cash on delivery and avoid the numerous U.S. Department of Agriculture restrictions on importing birds from foreign countries.

You can also pick up your bird directly from the breeder.

Once you have your bird, you'll undoubtedly want a place to keep it. For large birds, make sure you get a strong cage. Those beaks are powerful enough to snap welded joints.

Then there's food and vitamins. Parrots and most hardbill birds can eat anything people eat, but

shouldn't get any sugar or salt. Soft-bills need live food, which means you'll have to keep worms in your refrigerator.

Pet stores carry a large variety of vitamin and mineral supplements and books to tell you what to do.

If you want to train your pet to answer the telephone like "Fred" on the "Baretta" TV cop series, nibble scrambled eggs off your breakfast plate, imitate dog-and-cat fights, swear at the neighbors and bill collectors or say "Watch it, sucker!" when your mother-in-law comes to visit — you need patience.

"The key is trust and confidence," says John Ingraham, operator of a parrot-training school in Hollywood. "We reward them and we punish them, but we never hurt them and we don't use food as a reward."

"If one is bad, we just say 'no' very sharply and 'bad' and they will understand your tone of voice."

You may find it's worth the money to buy a trained bird. You'll know in advance whether the bird is capable of learning and you may save yourself some sore fingers.

VALENTINE DANCE

Be Zac's
Valentine
TONIGHT

EVERY COUPLE WILL GET A
FREE VALENTINE TREAT!!!

**ZACHARIAS
GREEN HOUSE**

CLUB & GAME PARLOR

1201 Hwy. 30 (in the Briarwood Apts. next to
Woodstone)

NO COVER CHARGE!

Speakers
expens-
ibility.
kers in
am look
e sound
y won't
e been
d egos:
d digital
but it is
e often.
ut on a
ords cut
n the re-
mes out
rs mini-
and fil-
ling, the
tly on a
al noise,
o turning
arts cut-
until the
mistakes
due to
e cutting
as more.
al pitch
London
nphony,
Those
mputer,
hen the
changed
e cutting