



October Issue
Fall 2013

GREAT COFFEE . GREAT PEOPLE

Calendar of Events

October:	15 - Al Adha 31 - Halloween USA
November:	1 - All Saints Day 5 - Al Hijra 14 - Ashura 22 - Independence Day
December:	4 - Halloween

Drive-thru Kiosks

Dekwaneh: IPT Station, Dekwaneh, near Centre Freeway

Awkar: US Embassy, Awkar

Halat: IPT Station, Halat, Jbeil-Beirut highway

Halat: IPT Station, Halat, Beirut-Jbeil highway

Amchit IPT Station, Amchit highway bifurcation (near McDonalds)

Berbara: IPT Station, Berbara, Batroun-Beirut highway

North: Balamand University, Tripoli

Jdita: IPT Station, Jdita

Coffee Shops

Amchit: Amchit seaside road, near Total Station

Metro Express at IPT Stations



Find us on facebook: Mountain Mudd Lebanon



Find us on twitter: @ipt_group



Find us on Instagram: @ipt_group #mountainmudd

☞ What does fall mean?

- **Etymology:** The word autumn comes from the Old French word autumpne. Before the 16th century, harvest was the term usually used to refer to the season. However, as more people gradually moved from working the land to living in towns (especially those who could read and write), word harvest lost its reference to the time of year and came to refer only to the actual activity of reaping, and autumn, as well as fall, began to replace it as a reference to the season. The alternative word fall for the season traces its origins to old Germanic languages. The exact derivation is unclear, with the Old English fiæll or feallan. However, these words all have the meaning "to fall from a height", "fall of the leaf" and "fall of the year".

- **In Western cultures**, personifications of autumn are usually pretty, well-fed females adorned with fruits, vegetables and grains that ripen at this time. This view is presented in English poet John Keats' poem To Autumn, where he describes the season as a time of bounteous fecundity, a time of 'mellow fruitfulness'.

- **In Indian mythology**, autumn is considered to be the preferred season for the goddess of learning Saraswati, who is also known by the name of "goddess of autumn" (Sharada).

- **In poetry**, fall has often been associated with melancholy. The possibilities of summer are gone, and the chill of winter is on the horizon. Skies turn grey, and many people turn inward, both physically and mentally.

- **For some people**, fall is nostalgic time, a time of homecomings, leaves turning, bare trees, cutting wood, beautiful sceneries, pumpkin pie, sitting by the fire, the beginning of the holiday season and family gatherings.

- **For others**, it is the Back to School season, Halloween season, American football season, and family gatherings. What does it mean to you gents?

*At Least For Us it Means Great Coffee
Great atmosphere and Specially Great People*

☞ Get numerous benefits from coffee!

Research shows that in many cases, more is better when it comes to coffee improving health. The evidence is so robust that the medical community is even changing its tune from "coffee is more trouble than it is worth" to "it is not as bad as we were told!"

This article will give you ten reasons to drink coffee and consider some of the concerns and misconceptions that surround this wonderful beverage.

"it is not as bad as we were told!"

- 1: Coffee Decreases Risk of Total & All-Cause Mortality
- 2: Coffee Lowers Risk of a Variety of Cancers
- 3: Coffee Lowers Risk of Heart Disease & Heart Attack
- 4: Coffee Improves Vascular Health & Does NOT Raise Blood Pressure
- 5: Coffee Improves Cholesterol Health
- 6: Coffee Decreases Metabolic Syndrome Risk
- 7: Coffee Improves Body Composition & Elevates Fat Burning
- 8: Caffeine Increases Power & Strength Performance
- 9: Caffeine Speeds Recovery and Reduces Muscle Soreness
- 10: Caffeine Increases Motivation & Reaction Time



EXCLUSIVELY
AT UOB

5 WINNERS EVERY FRIDAY

INCREASE YOUR CHANCES
OF WINNING ANY SMALL SIZE
DRINK OF YOUR CHOICE!

- ☞ BUY YOUR DRINK
- ☞ GET THE RECEIPT
- ☞ PUT YOUR PERSONAL INFO
- ☞ DROP IT IN THE COMMENT BOX
- ☞ ENTER THE WEEKLY DRAW



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Coffee Shop
Searching for a cool place to enjoy your coffee?

The address is “Mountain Mudd Espresso” coffee shop. Located at the seaside of Amchit next to Total station, it welcomes you in a relaxing atmosphere where you can benefit from a wifi connection, and trendy atmosphere. That coffee shop offers a wide variety of hot, cold, and frozen drinks, and it is dedicated to “original taste” lovers.

The fresh part is also available at Mountain Mudd’s coffee shop:daily sandwiches and salads are served with a lot of love and care. Remember the place: It is worth a try!



Halloween!

Just To Make your Halloween! Tastes Better.

Straddling the line between fall and winter, plenty and paucity, life and death, Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints and martyrs; the holiday, All Saints’ Day, incorporated some of the traditions of Samhain. The evening before was known as All Hallows’ Eve and later Halloween. Over time, Halloween evolved into a secular, community-based event characterized by child-friendly activities such as trick-or-treating. In a number of countries around the world, as the days grow shorter and the nights get

colder, people continue to usher in the winter season with gatherings, costumes and sweet treats

What About Your Pumpkin Mudd Coffee?

You don’t need to visit a coffee shop to get a great limited-edition pumpkin-flavored beverage. You can make one yourself with these at-home brewing tips from the experts at Mountain Mudd Espresso. Either of these fabu-



lous drinks would make a festive addition to any Thanksgiving Day menu.

- INGREDIENTS**
4 tsp pumpkin pie spice
6 Tbsp of coffee Ground (enough for 1 full pot)
Milk or half & half
Sugar
- METHOD**
Combine pumpkin pie spice and coffee grounds in coffee filter, brew. Add milk or half & half and sugar to taste (you control the sweetness, unlike at a coffee shop)
Fall entertaining made simple—these coffee drinks are the perfect to enjoy solo while preparing your halloween sweets or with a group of family and friends! Yum!



OFFERS: With Every LaserWash, Get One Espresso For Free:

This offer is still available at Mountain Mudd kiosks on IPT stations, and lands each weekend on a particular station. Enjoy the laserWash effectiveness while sipping that luscious Mountain Mudd coffee.

Where next? To be always a winner with IPT, follow Mountain Mudd’s breaking news on our website, as well as our social media network.

Drive by and expect many more offers to come from Mountain Mudd Espresso.



Coffee helps you learn better and stay more alert at work!

Studies show that people who drink coffee are relaxed and more interested in their work. The caffeine in coffee helps restore and maintain alertness – improving performance and enhancing your mood. It is the perfect brew to get you through the second half of the working day! When studying, coffee helps improve attention and wakefulness, increasing attentiveness and by that it facilitates learning.

At our coffee shops we help you focus on your studies and provide you with the perfect atmosphere for your business meetings and off course with our famous brewed coffee treats.



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Spot The 6 Differences in those 2 artworks & Guess the Legend!
Circle the results answer your question and drop it in the comment box, Get to win Valuable prizes.

Name: _____

Mobile: _____

E-mail: _____

Your Answer: _____

