1st Issue
November 2011

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GREAT COFFEE • GREAT PEOPLE

Calendar of events

November

- **Eid Al-Adha** 6th
- **Independence Day** 22nd

Featured drink

Try Our Warm & Yummy Caramel Macchiato!

Feel warm this winter with Mountain Mudd Espresso's NEW hot drink: Caramel Macchiato. A cafe latte blended with a thick stream of Caramel Mudd, smothered with whipped cream and yummy caramel drizzled on top. It's like a pot o' gold that you can drink!

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Conveniently located Drive-thru kiosks and coffee shops

*Amchit

Drive-thru kiosks

- *Amchit*: IPT station, Amchit highway bifurcation (near McDonalds)
- *Halat*: IPT station, Halat, Jbeil-Beirut highway
- *Halat*: IPT station, Halat, Beirut-Jbeil highway
- *Awkar*: US Embassy, Awkar
- *Dekwaneh*: IPT station, Dekwaneh, near Centre Freeway
- *Mar Mkhayel*: IPT station, Chiyah, Beirut, facing Mar Mkhayel church
- *Tripoli*: Balamand University, Tripoli

Coffee shops

- *Amchit*: Amchit seaside road, near Total station
- *Amchit*: Inside Metro - Express convenience store at IPT station, Amchit highway bifurcation
- *Zouk*: Inside Metro Express convenience store at IPT station, Zouk near Espace cinemas
- *Dekwaneh*: Inside Metro Express convenience store at IPT station, Dekwaneh near Centre Freeway

NEW Offer

FALL FOR EXQUISITE TASTES thru Mountain Mudd offers

Receive a **FREE** cup of **Espresso** with every **Laserwash**, at our conveniently located Mountain Mudd Espresso:

- Mountain Mudd Espresso drive-thru kiosk @IPT station, Halat Highway
- Mountain Mudd Espresso coffee shop @Total station, Amchit seaside road

* Valid until **5-12-2011**

Latest News

Radioshow &roadshow in participation with IPT, Metro Express &Light FM

Congratulations to all the winners who participated in the radioshow "La bonne humeur" on Light FM that was sponsored by IPT, Metro Express and Mountain Mudd Espresso from August 15 till September 9.

The animator, Tanguy, explained to the listeners the concept of the service station, IPT, that includes restaurants (*McDonalds*), Convenience stores (*Metro Express*), delicious gourmet coffee kiosks and coffee shops (*Mountain Mudd Espresso*), Touch-free carwash (*Laserwash*), high quality car accessories (*Autogadget*), the revolutionary self-service, smart cards and much more. As a closing for the radioshow, many participants celebrated outstanding fun hours with IPT, Metro Express, Mountain Mudd, Tanguy and Light Fm at Amchit's service station, on the 9th of September in a roadshow organized with Light FM.

IPT, Metro Express and Mountain Mudd would like to thank all the participants who contributed in making this event animated by Tanguy a success.

Corporate News

Mountain Mudd Espresso's 1st Coffee Shop is Now Open

Coffee lovers and the Mountain Mudd Espresso family celebrated on September 30 the opening of its first Mountain Mudd Espresso coffee shop. They all indulged with the delicious hot, iced and frozen drinks and tasted the new fresh sandwiches, croissants and cookies available at the coffee shop. The coffee shop is not only attractive, it's also well planned and in an amazing location at Amchit's bifurcation, seaside road near Total station. We are pleased to announce that "now it's pleasure doing business", with **FREE Wi-Fi.**

Featured Baristas

Barista of the year

Nancy Matta is one of our star baristas at the Mountain Mudd kiosks. Nancy has worked at Mountain Mudd, Halat, for more than 2 years and always seems to have a smile on her face. She enjoys her job as a barista because she meets many new people and learns what drinks they like so they come back and see her again. Nancy is also known for being very fast and dynamic. When she is not working, Nancy attends college at AUL, Kaslik where she studies finance.

Info

Death No Higher in Coffee lovers with heart disease

Women with heart disease who down a few cups of coffee each day tend to live as long as those who avoid the beverage, according to a study.

The results, reported in the American Journal of Clinical Nutrition, add to already mixed findings on whether caffeinated coffee is a hazard for people at high risk of cardiovascular problems. No link was found between a woman's coffee intake and her risk of death from heart attack, stroke or any other cause -- and this was true of even of women who drank four or more cups of coffee each day.

The findings, Lopez-Garcia said, support the idea that people with heart disease who already drink coffee don't have to give it up.

"What this study shows is that, in a general population, there's no obvious harm, or benefit, to consuming coffee after a heart attack," said Ahmed El-Sohemy, an associate professor at the University of Toronto who has studied coffee intake and cardiac health.

"What this study doesn't tell us is who might coffee be harmful to, and who might benefit from it.

" Some research has linked coffee drinking to increased risks of high blood pressure in people who are naturally slow metabolizers of caffeine. Recent studies have pointed to the importance of genetics, El-Sohemy added, cautioning that it's hard to make individual recommendations on coffee intake because of these genetic variations in metabolizing.

SOURCE: bit.ly/kUXi5R (Reporting by Amy Norton at Reuters Health; editing by Elaine Lies)

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MOUNTAIN MUDD

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