



# Drink me!



## Drink Me!

By Sam Allen

My last blog posting chronicled common sense rules for identifying the best foods to eat and foods that most right thinking people avoid. This is a follow up article focusing on the consumption of alcoholic beverages. While the food related rules should be followed dogmatically, the drinking rules are more in the nature of guidelines that are malleable depending on the context.

The whole point of drinking is to have a good time. Always sit at the bar. There is no action at a table.

You should drink what makes you happy. There are some guidelines, but even they may be taken in context. For instance, if you are in a cowboy bar in Ingomar, Montana, and a hot chick offers to buy you a shooter, you should not order a Tequila Rose. Order real tequila. Folks out west, including the women, don't drink pussy shooters.

On the other hand, if you are in a bar in New Orleans and a hot chick offers to buy you a drink, you can order as flamboyantly as you like. Just be sure the chick is not some dude who is identifying as a woman that day.

There are too many great shooters to list. The worst shooter ever is the Itchy and Scratchy: Half tequila and half 151 proof rum.

I don't worry about mixing different kinds of booze. Some people claim that mixing alcohols gives them a hangover. Their stories usually go something like this: I met this chick at a sports bar one Sunday afternoon while I was watching football. She was great and we drank a bunch of beer. Then we decided to go to dinner and I had a few Martini's at the bar before we got seated. We had a couple of bottles of wine with dinner then had some Gran Marnier's after dinner. I drove her home and she invited me in for a night cap. I wound up staying the night and had a fantastic time, but I was really hung over the next morning, so I don't mix my alcohol any more.

Give me a break. You think it might have been the volume rather than the mixture that caused the problem?



*OK in New Orleans*



*That's not a straw!*

I don't go brown until after sundown. I usually start off with a beer, sometimes two. Then I go to white wine. I like the pinot grigio. After wine I graduate to Tanqueray and tonic. I can have as much of any of those beverages as I like, but no whiskey until after dark. That can be a problem in the summer because the days are so much longer. So sometimes I bend this rule a bit and go brown at dusk.

Never drink before noon except at tailgate parties for football games.

Never use those small hollow swizzle sticks like straws. For that matter, don't use straws while drinking except for rum based drinks in New Orleans, South Florida or on any beach or island (other than Manhattan).

Glassware is important. The best glass is a 10 oz. highball glass. Unfortunately, hardly any bars use them anymore. The most common glasses in use are those short octagonal glasses that bartenders can stack up. They are horrible. I leave my own glassware in bars that use them.

Don't drink any mixed drink from a glass that can be stacked up.

Don't drink anything except wine from a stemmed glass.

Don't drink beer out of a glass with a brown bottom.



*Exactly where this bottle belongs*

Never buy Bourbon made outside of Bourbon County Kentucky.

Don't drink Jack Daniels after turning 19 years old or after your freshman year in college, whichever comes first.

Never buy Scotch made outside of Scotland.

Never buy alcohol that comes in a plastic bottle.

Never buy alcohol, other than beer, that is manufactured in New Orleans.

Don't buy beer that comes in a bottle of more than 32 ounces or that is made out of water from the Latrobe River.

Never drink Ripple, Champale, Boone's Farm wine of any flavor, Mad Dog 20-20 or malt liquor. Wine coolers are Ok during the summer months.

Don't drink Champaign that comes in a bottle with a plastic cork.

Don't sip Champaign. It's best when guzzled. I like drinking it out of a frosted beer mug. Mimosas also should be guzzled. Make them strong. The orange juice should be added with an eyedropper.

My Dear Old Dad taught me not to put soft drinks in whiskey. He said “Sonnyboy, a man puts only one of two things in his whiskey: ice or more whiskey.” That advice had a certain irony to it since he was drinking a whiskey sour at the time. I like to drink about four fingers of Bourbon with lots of ice and a splash of club soda. That gives me some bubbles without changing the taste of the booze. Real whiskey purists don’t even condone the club soda. That’s especially true of Scotch drinkers.

If you are drunk in a hotel room and go to a vending machine in the middle of the night to get a Coca Cola, be sure to put some clothes on. Also be sure to bring the key to your room. Write the room number on your hand to be sure you can find your way back.



*Don't drink and drive!*

Any article about drinking alcohol should emphasize the dangers of alcohol abuse and safety matters. Safety for yourself and those with whom you may come in contact is of paramount importance.

Everybody knows that drinking and driving can be criminal, but it's also irresponsible to put yourself, your passengers and others on the road in jeopardy. If you are drunk, don't drive. Call Uber and get home safely. However, if you find yourself behind the wheel while

impaired, you should drive home at the fastest possible speed. That will shorten the time you are on the road, thus shortening the period during which you might harm yourself or others.

If a policeman pulls you over, don't call him Kojak or Deputy Fife. Don't ask him if he knows any horny chicks you can bond out of jail. If he gives you a field sobriety test don't say "Shit, man, I couldn't do this if I was sober!" If you are feeling sick while taking the test, try not to throw up, and if you do throw up, don't do it on the officer's shoe. Don't ask him where to find an after-hours bar. If he arrests you, call a lawyer not your mother. If you are in a cell, when they bring around the bologna sandwiches, don't ask if they have any Grey Poupon.

Remember these are guidelines and not rules. To be sure you use your best judgment on how they apply to you, pop a top or cork, or if it's after sundown down go brown and with a couple of strong ones, and consider the guidelines with the benefit of a mellow glow.



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