

CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

CONGDON'S PRESENTS...

SEACOAST SPRINKLES

June 2009



Platinum Plate Award Winner 2008 & 2009

"Best Family Restaurant"



Summer Hours

Open Daily, Closed Wednesdays

6 AM—3 PM

Open everyday starting June, 24th



Approved Restaurant

TASTEE TEXTING



Not only is Congdon's on Facebook and Twitter (social networks) we have branched into text messaging as well. We will use this to send our guests great deals and specials.

If you sign up for our "tastee text" we'll send you some tasty bytes! We'll tell you when doughnuts are going on sale for the day or if we are almost sold out, we'll also let you know when a great new special is available. We'll even give you special discounts that are only available through your phone.

You can sign up for Congdon's Tastee Text by texting:

OptinVIP Congdons to DotCom (368266)

You will first receive a response text, you will then reply with "1" stating that you would like to sign up, you will then get another response, you will then text back "Yes." (This process is only when you sign up, all of these directions are detailed on the texts)

At any time you can Opt Out by replying "STOP" to one of our texts. This is a great feature... if you come up for just a week each summer you can Opt In when you get here and Opt Out when you leave, this way you can receive all of the great deals but only when you need them.



Standard message rates apply, we do not share any information.



Fly Old Glory with pride on Flag Day

President Woodrow Wilson proclaimed June 14th Flag Day in 1916, commemorating the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances of Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin schoolteacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an act of Congress formally establishing June 14th as National Flag Day.

Happy Father's Day

I love my dad. Along with Crunch he is my favorite fishing partner. While his outlook on things is a little old school at times, he looks at the world simply and honestly. He grew up during the depression so he is very frugal and a bit of a pack rat. He always has the needed tool somewhere. He can also remember things that that happened 40 years ago like it was yesterday and as the classic line claims forgets what he had last night for dinner.



I've always enjoyed spending leisure time with my dad, he has a way of sharing his wisdom in a nonchalant way. There have been times when we haven't always seen eye to eye though. Dad trained all of us kids to be doughnuts makers and if we didn't do it his way there was hell to pay. No greasy tasting doughnuts would come from his kitchens. Over the years he taught us well, yes the day does start at 5am, yes if you are gonna be a "Congdon doughnut maker" you damn well better make them right every time and yes, if you say your gonna do something you'd better hold up your end and even yes, just cause your family doesn't mean I can't fire you. I do believe I was fired three times growing up as a doughnut maker. I am proud to say that I've passed on all of these analogies to my sons and daughters. They have also all been fired multiple times throughout their doughnut lives. Happy Father's Day.

How to Take A Relaxing Road Trip With Kids

Do your kids get antsy on long drives? Do you or your spouse get drowsy? Aromatherapy experts say the scent of essential oils can fix both problems. To keep the kids relaxed and in a pleasant mood, opt for peppermint and lemon. For the driver, try rosemary for alertness. In both cases, put a few drops on a cotton ball or tissue and place in a plastic baggie. Open and inhale occasionally - say every half hour - for maximum effectiveness.



Monthly Giveaway

And the \$50 goes to...
Charlotte Coury from York, Maine

Charlotte of the "Morning Breakfast Club," drew the winner of May's \$50 gift certificate monthly giveaway. Aaron won \$20 cash for being the server who enticed Peter to enter.

Be sure to enter our \$50 gift certificate Monthly giveaway. Your server has the entry cards and would love to have you be this month's winner. The winner can purchase anything you want here at Congdon's. You could get 5 dozen key lime doughnuts, 5 Blueberry pies, 40 chocolate whoopie pies....

Whatever you desire.

You could be our next winner; be sure to enter on your next visit to Congdon's.

A brief history of honoring Dad

The "mother" of Father's Day was Sonora Smart Dodd, according to many historians. The daughter of a widowed Civil War veteran who had raised her on his own, Dodd came up with the idea when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.

Initially the idea of Father's Day was met with skepticism. But in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City to join the campaign. In 1966 President Lyndon Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.



Dog Biscuits

Crunch and I love to fish. Whether it's on a lake or standing next to a river he seems to enjoy it as much as I do. My father has an old 27 foot pontoon boat, it is spacious and has a semi reliable outboard motor. Often we'll strap on an old electric motor and fish slowly along the shore. This is when Crunch seems to like it the best. The shoreline is loaded with docks, animals of all sorts and an occasional dog. While the noise created when dog meets dog is not always conducive to catching fish, the diversion usually breaks up a quiet moment and I get to witness the social excitement of my puppy greeting a new found friend.

Whenever a fish hooks on, the splashing and all around excitement also tends to send Crunch to the edge of the boat and his nerves. Once the hook is out I always let Crunch have a sniff, it's as much his catch as it is mine. Then it's back in the water to catch 'em again.



June Bug



The June Bug also known as June beetle, is the name for several large beetles seen in the United States during May and June. They are usually seen at night, when the light attracts them. June bugs eat the young leaves of trees and plants. They deposit their eggs in the ground. The young larvae bury themselves in the soil in the autumn and stay there two years. They then come out in May or June as adult beetles.

New to Congdon's

Keep an eye on our specials here at Congdon's.



Our kitchen is thinking of new specials to keep things interesting on the menu. We are also trying all sorts of new doughnuts; a few special doughnuts that we have tried out are Key Lime, Strawberry Crème, or our Chocolate Chip Cookie Doughnuts... yummy! Stop by today and ask what new flavors we have going!!! Only while supplies last.

We also have new lids for our to-go coffees, they are much easier to drink from on the go! Come through the drive thru and pick up a tasty flavored coffee.



Are You Hiring?

We are often asked, are you hiring and my first thought is, I'm always looking for great people. On our application we have a Congdon employee guidelines page. The guidelines explains what we expect out of each staff member here at Congdon's. I'll quote you a paragraph and you can see what I mean..

"To be eligible for employment, you must be a team player. It takes many individuals to provide excellent food and legendary service. For every guest that comes into Congdon's, we strive to give them a feeling of being pampered and comfortable as if they were a guest in our own home. We are not just another foodservice business and do not want just another employee. We want to employ the best people who are willing to give their best service to our guests. We expect nothing but the best from all the employees here at Congdon's"

So are we looking for great people to staff our store... *you betcha*

"Food was great... service with a smile is always nice to see, especially during peak tourism season. [The hostess] was especially kind and accommodating to us. Well Done."

Matt Kresco

Center Harbor, NH

June Holidays



Flip a Coin Day, 2nd; Hug Your Cat Day, 4th; Best Friends Day, 8th; Iced Tea Day, 10th; Red Rose Day, 12th; Flag Day, 14th; Fresh Veggies Day, 16th; Go Fishing Day, 18th; Ice Cream Soda Day, 20th, Father's Day, 21st; Finally Summer Day, 21st; National Pink Day, 23rd, Swim a Lap Day, 24th; Forgiveness Day, 26th; Camera Day, 29th.

Where in the world is this?



A free doughnut if you know this location!

Bright Skies Ahead For Solar Power?

We're scanning the sky in search of clean energy sources. What's new:



- **Solar panels.** A new anti-reflec-tive coating may be able to increase the efficiency of solar panels by allowing them to absorb sunlight from almost any angle. The Future Chips Constellation at the Rensselaer Polytechnic Institute says its new nano-engineered coating will increase light absorption from about two-thirds to better than 96 percent.
- **Solar cells.** German scientists at the Fraunhofer Institute of Solar Energy Systems say they've developed a solar cell able to produce 41.1 percent efficiency, the highest level to date. The cells are likely to be used for solar power plants when they become commercially available.
- **Solar costs.** The cost of solar power will drop from about \$2.60/watt to approximately \$1.44/watt by the year 2013, according to some experts. That will make it competitive with the cost of energy produced by coal.

Exercising Without Risk



Too often we're so eager to start getting into shape that we overdo it, exercising too hard and too fast. The American Council on Exercise offers these tips before you hit the gym:

- **Stretch sufficiently.** Not stretching before your workout is one of the biggest mistakes you can make. Stretching at least five minutes before you exercise can reduce stress in the muscles and help prevent injuries. And stretching afterward is every bit as important; it helps your muscles to recover.
- **Warm up.** Run around the block or the track a few times. A warmup of five minutes or more will deliver needed blood and oxygen to your muscles.
- **Don't lift more weight than you can handle.** You're better off doing lighter weights correctly, and more consistently, than trying to lift heavy weights every once in a while.



BALD THURSDAYS

If you have lost some of that beautiful hair we all cherish you need to eat at Congdon's on Thursdays. We are offering discounts depending on your level of baldness.

10% Off Receding Hair Line

20% Off Crown Balding

30% Off Extensive Hair Loss

Food and beverage only.

Needless to say we are not going to mention your qualifications for this promotion. You have to ask for it to qualify. Here at Congdon's we do believe... **Bald Is Beautiful!**

Congdon's Sweet Rewards

Congdon's Sweet Reward program is simple to use and it's FREE. We have an easy to fill out application form that comes with your very own card. Every time you come into Congdon's we'll swipe your card and you'll accumulate points towards free food. We'll also send you birthday wishes, anniversary wishes, and all the other promotions we do here at



Congdon's. We now have great new cards and they also come with key chain tags so that you never have to worry about losing it. Stop by and sign up! It's free and allows us to say 'Thank You'.

Congdon's does not share or sell our guests names and addresses

How to \$ave money on your \$ummer vacation

Planning your vacation? Even if you're not staying in luxury hotels and renting limousines, you may feel like you need a bank loan—or a bank robbery—to finance your trip. Here are some smart ideas for saving money and still having a good time:

- **Research your destination thoroughly.** The Internet, and a good guidebook, can help you find inexpensive hotels and restaurants. You may also discover free or inexpensive attractions, and find out whether museums, parks, and other attractions offer reduced admission on certain days.
- **Stay outside the city.** You're going to New York, but you don't have to sleep there. Often you'll find better hotel rates and cheaper restaurants a few miles outside city limits.
- **Go to the grocery store.** Avoid the overpriced hotel gift shops for snacks and drinks. You should be able to find a local grocery store where you can buy cheaper (and healthier) supplies for your travels.
- **Drive efficiently.** Before an extended trip, check your engine oil, air filters, and other components can affect your vehicle's performance. On the highway, keep your speed between 50 mph and 60 mph for the best fuel-efficiency. Don't use drive-through windows at fast-food restaurants; idling your car while waiting for your food wastes gas and pollutes the air.



"We love all of the homemade products. Best breakfast in New England"

*Ralph Boutwell
Charlestown, MA*

TWO FOR TUESDAYS

Earn **DOUBLE POINTS** every Tuesday on your Sweet Rewards card here at Congdon's.

By being a member of our Sweet Rewards program you get twice the value every time you eat at Congdon's on Tuesdays, good for food and beverage only.

Not a member.... Sign up today and it's **FREE!**

Want To Be Our Friend?

Congdon's has a new site on Facebook. For those of you who don't know, this is a popular internet based website that lets you be friends with multitudes of folks. There's space to write to all of your friends on "the wall." It's an interactive social network that has taken the nation by storm. It is a fairly easy website to negotiate and we encourage you to become one of Congdon's friends.

Check it out at www.facebook.com



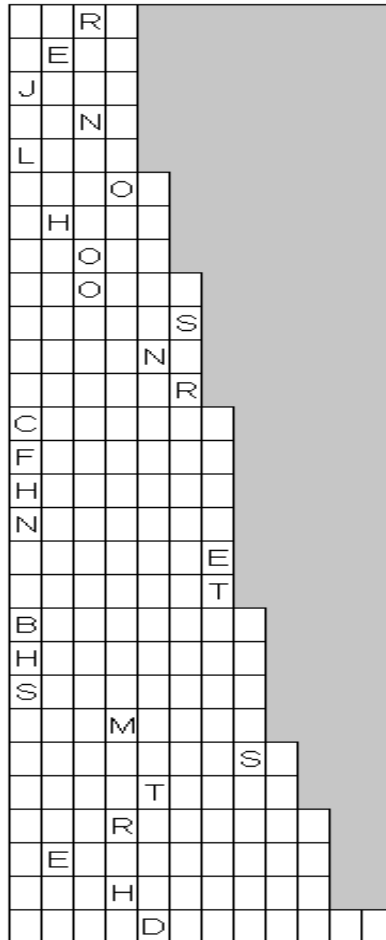
We are also now on Twitter as well, check us out!

Return Service Requested

PRSRRT STD
U.S. POSTAGE PAID
WELLS, ME
PERMIT # 1

**CONGDON'S DOUGHNUTS
FAMILY RESTAURANT**
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Wells, Maine, 04090
Phone: 207-646-4219
Fax: 207-646-3486
E-mail: www.Congdons.com

- A ___ can tell your dad how you really feel if you can't find the words
- Tell your father that he is your ___ for all the things he does for you
- This is the month in which we celebrate Father's Day
- Make him a crown so he can be ___ for the day
- Be sure to tell you father that you ___ him
- President ___ officially established Father's Day in 1966
- Father's Day is always on the ___ Sunday of June
- If your father likes to work around the house he might like new ___
- Do extra ___ as a gift - mow the lawn or take out the garbage
- At school children often make simple ___ for gifts
- ___ is a good way to spend time together and get some fresh air
- Father's Day is at the beginning of this season
- ___ in the mountains or near a lake is a fun way to spend the weekend
- Grab a rod and some bait and take your dad ___
- Laying in a ___ under a shady tree is a nice place for a nap
- Giving your father a ___ has almost become a Father's Day joke
- Give him a ___ of you in a neat frame for him to display at work
- Taking the time to make or find a special ___ shows you care
- Hot dogs and hamburgers always taste better off the ___
- Gifts that are ___ show you put time and effort into your gift
- Some dads enjoy ___ late on Father's Day
- If it's nice out you can go ___ at the beach or a pool
- Some fathers like to have ___ in bed
- Take the time to ask your father ___ about his life and childhood
- Make sure your father knows that you ___ all that he does for you
- Having lunch or dinner at your dad's favorite ___ is always a nice idea
- Father's Day was first celebrated in Spokane, ___ in 1910
- Father's Day is between Mother's Day and ___ Day in September



HAPPY FATHER'S DAY



Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message: