



CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

CONGDON'S PRESENTS...

SEACOAST SPRINKLES

February 2010



Platinum Plate
Award Winner
2008 & 2009
"Best Family
Restaurant"



Winter Hours

Open
Thursday—Sunday
6am—3pm



2010 Winter Olympics

The world turns to Vancouver, Canada this February as the Winter Olympics return to North America. Maine's own Seth Wescott is eyeing for a snowboard title once again. Surely an awesome two weeks where the best in the world compete for the gold. There are also many other Mainer's contending for the Gold medals in their winter sports. It will be exciting to watch, that is for sure.



Be sure to guess how many gold, silver, bronze medals the US wins and enter our "go for the gold" contest the next time you are in. The winner's will win a \$50 Gift Certificate from Congdon's.

**We will be open on MONDAY
February 15th for President's Day.**

Olympia Snowe



Recently Maine Senator, Olympia Snowe, had a proclamation read on the senate floor praising Congdon's on it's longevity and of being a good community neighbor.

All of us here at Congdon's appreciate the acknowledgment from our great senator. We will be displaying the great statement she made in our lobby. Come check it out!

Lovin' Nashville!

Jillian and I recently got to visit the country music city of Nashville, Tennessee. We were there with other independent restaurant owners from all over North America. A great city where country is king in all they do. We made sure we visited the Country Music Hall of Fame... wow, what a place!!



We hung out with our independent restaurant friends for a three day seminar learning what makes good restaurant great. All in all an awesome experience where the country tunes just adds to the flavor of this great city.

Lunch at the Senior Center

Recently Congdon's' was privileged to serve lunch at the Wells-Ogunquit Senior Center in Moody. We served our clam chowder to about 50 folks from the center. Chocolate cake and of course lots of doughnuts rounded out the menu. This weekly luncheon is free to all that come and

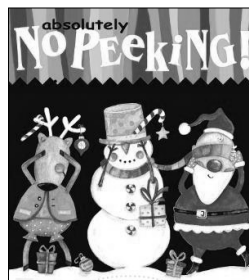


a great way to meet others in the community. Call the Senior Center for more information.

Remember...

No Peeking

Our No Peeking envelopes and bonus gift certificates are only valid till February 7th!!! Be sure to redeem them before they expire. Over \$10,000 worth of free prizes are available as long as you don't peek.



Do you like a perfect Rueben?



We get many compliments about our Rueben sandwich. We grill our own homemade marble rye bread, (or any other homemade bread of your choice) add some Swiss cheese, sauerkraut, thousand island dressing, and finish it off with thinly sliced corned beef. SO good!!!

You also get your choice of a side to make this classic absolutely delicious!!!

Sealed with an X

The tradition of sending kisses by writing Xs on a note dates back to the Middle Ages, when illiterate peasants would sign documents with an X. To emphasize their commitment to what they signed, they would kiss the mark. In time, the X and the kiss became interrelated, and today even literate people use the X to "X"press affection.



"Great! Tasty home cooking with a family atmosphere. Professional and friendly service!!"

Mary Brin
Loudonville, NY

A Romantic History of Love's Patron Saint

Love is in the air on Feb. 14, but why? It may have something to do with the 1 billion Valentine's Day cards that are sent every year to express love and good wishes (according to the U.S. Greeting Card Association).



Although today "Valentine" is synonymous with love, several early Christian martyrs shared the name. The Valentine most closely associated with today's holiday was a priest who lived in Rome in the 3rd century. The Emperor Claudius II had outlawed marriage, under the theory that married men didn't make fierce soldiers. When Valentine continued to perform weddings, Claudius had him put to death.

In another version of the story, Valentine attempted to convert Claudius to Christianity while in prison and was executed. In other tales, Valentine healed his jailer's blind daughter, and the two fell in love. According to legend, Valentine's final letter to her was signed, "From your Valentine."

Valentine's Day began to take off in the late 18th century, when a British publisher brought out a book called *The Young Man's Valentine Writer*, full of sentimental poems for lovers unable to compose their own romantic messages.

Better printing technology and lower postal rates combined to make holiday cards more convenient. The first line of Valentine's Day cards, on embossed paper, was launched in 1847 by Esther

Howland, whose father owned a book and stationery store in Worcester, Mass.

Valentine's Day is celebrated in many countries around the world, including the United States, Canada, Mexico, the United Kingdom, France, and Australia.



Monthly Giveaway

And the \$50 goes to...
Eileen Bateman of Wells, ME

Mary of the "Morning Breakfast Club," drew the winner of February's \$50 gift certificate monthly giveaway. Carol won \$20 cash for being the server who enticed Eileen 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 here at Congdon's. You could get 4 HUGE Whoopy Pies, 6 Yummy Rueben Sandwiches, 50 Tasty Cookies.... Whatever you desire.

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

Dog Biscuits

Crunch, my golden retriever, just loves to eat. His preference is any kind of people food, although I do my best to keep him away for that stuff. Anytime we eat he is right in the middle of the kitchen looking for any thing that might fall to the floor. His classic story is the time I left a meatball sub on the counter and when I turned around... it was gone! The sauce on his face was a tell tale sign of who devoured that sub. Another great story involves the Christmas tree that we put up by the entrance at Congdon's. We usually hang doughnuts for



the birds on the tree throughout the season. Well Crunch found this along with his favorite doughnut just hanging there for the taking. I have since switched to all plain doughnuts. Oh that Crunch.... Always searching for a treat!!!

Adventures of Benny

Benny, Congdon's lobster mascot, recently went on a cruise to the Caribbean with some of Congdon's staff. It was a great 5 day vacation that included stops in Turks & Caicos as well as the Bahamas.



Benny's favorite part was all the food that was served on board. The midnight buffet was incredible... even if his kinfolk was sometimes amongst the ice sculptures, chocolate fountains and layers of scrumptious desserts.



Benny did get a bit of a sunburn but you couldn't even tell. Look for more adventures with Benny to come soon!!! Let us know if you would like to take Benny on your next adventure! He LOVES to travel!

Where in the world is this?



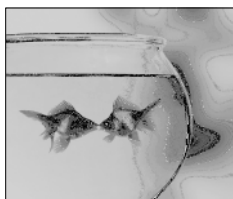
Firming Your Abs

Want to tighten your stomach muscles? Try this technique used by belly dancers: take a deep breath and relax all your abdominal muscles, then exhale and pull them in as hard as you can, holding for several seconds. If you do three sets of eight a day, you should soon see results.



The First Kiss

No one is certain when the custom of kissing began, but many anthropologists believe that mothers long ago would chew food for their babies, passing it from mouth to mouth. Another theory holds that kissing developed from sniffing, a common practice among many animals and peoples in primitive cultures, some of whom still rub noses as a greeting. Romans kissed each other hello, and some believe they kissed their wives to see if they had been drinking wine. By the sixth century, kissing was an accepted expression of affection. The French introduced kissing as a part of courtship; dances were concluded with kisses.



Kudos to the Maine Diner

The Maine Restaurant Association recently named the Maine Diner, here in Wells, Restaurant of the Year. Congratulations to Dick and Myles Henry and their staff for this prestigious award

Some of our Guests' New Years Resolutions

Eat more healthy, Lose weight, Play more lottery, Learn to juggle, Rock & Roll more, and our favorite—Eat More Doughnuts!

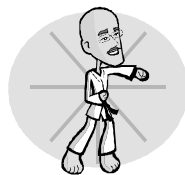


“Great Doughnuts; Fast, Friendly Service; Consistent, Quality Food.!”

*Pat Hornyak
Trenton, NJ*

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!**

The Pyramid on the Dollar

Ever wonder why there is a pyramid with an eye on the back of the one-dollar bill? These symbols are taken from the Great Seal of the United States. The pyramid indicates strength and security and is unfinished to signify that the country continues to grow.



The all-seeing eye at the top of the pyramid symbolizes divine guidance on behalf of America. The eye was a common sign with Freemasons, a secret, spiritual society that had a strong influence on such Founding Fathers as George Washington,

Setting the Table for Romance

Cutco Cutlery offers this menu of romantic foods to make for your loved one on Valentine's Day:

Breakfast ~ fresh squeezed ruby-red orange or grapefruit juice; heart-shaped pancakes or French toast spread with honey butter.

Lunch ~ a salad with hearts of palm, artichoke hearts, and sliced tomatoes.

Dinner ~ Cheese fondue appetizer, followed by baked Oysters Rockefeller. For dessert, opt for chocolates or a passion fruit confection like vanilla ice cream topped with scoops of passion fruit or passion fruit cheesecake.



"Remember that red is the color of the day," Cutco says. "Add succulent strawberries and sweet pomegranates to your meals for extra color and flavor."

February Holidays:

Feb. 2nd, Ground Hog Day; 4th, Thank a Mailman Day; 7th, Send a Card to a Friend Day; 10th, Umbrella Day; 12th Plum Pudding Day; 14th, Valentine's Day; 15th President's Day; 20th, National Cherry Pie Day; 22nd, George Washington's Bday; 24th, National Tortilla Chip Day; 27th, No Brainer Day; 28th, National Tooth Fairy Day

