

CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

CONGDON'S PRESENTS...

SEACOAST SPRINKLES



July 2010



Platinum Plate Award Winner 2008, 2009, 2010

"Best Family Restaurant"



Open Daily
6am-3pm



Where are the fireworks?

Here is information on some of the local firework shows to celebrate the 4th

Kennebunk—July 4th at 9:00 Beach Ave/Narragansett Point

Ogunquit—July 4th at 9:15 Maine Beach, East of Parking Lot

Sanford—July 3rd at 9:00 on #1 Pond

York—July 4th at 9:30 on Short Sands Beach

York Harbor—July 3rd at 9:00 on York Harbor Beach

Old Orchard—July 4th at 9:45 in front of Palace Playland



Benefit BBQs at Congdon's



This will be our fourth continuous year of doing our benefit BBQ's here at Congdon's. We are proud to announce this years beneficiaries.

Wed. July 7th: Animal Welfare Society's "Sadie Fund"

This animal shelter continues to embrace their mission as their Sadie Fund raises monies to the medical treatment of their animals.

Wed. July 14th: Boys Scouts of America

A local troop is heading to Scout Camp

Wed. July 21st: Wells Newest Park

The intersection of Route 1 and 109 at Wells Corner is under major reconstruction and they have set aside a price of land there for a public park. Local civic groups are all chipping in for it's amenities, this BBQ is adding their wish list.

Wed. July 28th: Wells/Ogunquit Senior Center

This lively group continues to entertain and embrace the local seniors with lots of activities, camaraderie and fun. All are welcome to join.

Barbecue Information

Each Barbecue goes from 5-7pm

\$15.00 Adult/\$7.50 Child

Buffet Style with Sausage, Chicken, Chicken Sausage, Hot Dog, Hamburgers, Pork, Corn on the Cobb, Cole Slaw, Potato Salad, and Yummy Dessert. We will also have a 50/50 raffle to raise additional funds.



Tickets can be purchased at event.

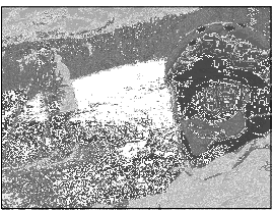
Come help your community and have a Tasty Meal at the same time!

We Won!

A dream vacation

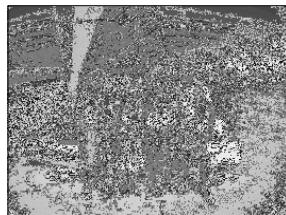
We are proud to announce that Restaurant Marketing Systems has chosen us to be their 2010 Ambassador and Restaurant Marketer of the year. RMS is an international organization of independent restaurant owners that educate and promote owners on the latest trends and systems in marketing their restaurants.

Each year a contest is held called "Better Your Best" where the restaurant owners compile a portfolio of all the marketing and upgrades they have done in the past year for their restaurant. This years winner received a Dream Vacation anywhere in the world! We are humbled and honored to have been chosen.



But we need your help!

Where should we go? Let us know what YOUR dream vacation would be, or has been to give us some ideas. If we choose your idea, you get a \$100 Gift Certificate to Congdon's. So far we have received hundreds of ideas from our adventurous guest.



Please email us at info@congdon.com

or write to us 1090 Post Road, Wells, ME 04090

(Note: The vacation would be in the winter month: Nov -Jan)

Babies

We welcomed my new grandson, Logan William, into the world on June 24th, weighing in at 7lbs. He is home with Mom, Dad, and Grammy out and San Diego and is doing great! I got to fly out for a couple days to rock him a bit which was amazing!

Being a Grampy is such a blessing!

Our preggy servers Kerri and Becky are both doing well and looking forward to their birth days. Kerri is expecting another girl and Becky is expecting another boy.



Be smart when driving with your smart phone

A recent CareerBuilder survey found that 54 percent of people check their smart phones while driving. In a University of Utah study of driving and talking on the phone, only 2.5 percent of test subjects were able to do both safely. For the other 97.5 percent, the ability to hit the brakes quickly was slowed by 20 percent, and the tendency to drive too slowly to keep up with traffic rose by 30 percent. CareerBuilder.com offers these tips:

- **Turn off your phone when driving.** Talking on the phone or texting at the wheel is illegal in many states, as well as dangerous to you, your passengers, and other drivers. Pull over if you need to talk.
- **Set priorities.** Part of the problem comes from the current trend toward being accessible outside the workplace. Discuss the situation with your employer (and your family) so everyone understands that you can't always be connected.

- **Have a backup.** If you anticipate being needed outside the office, leave an out-of-office message on your voicemail, and provide contact information



for colleagues who can assist callers in your absence. That way, urgent calls can be taken care of even if you don't answer the phone.



Sweet Rewards Members

Are you a member of our Sweet Rewards program and have not received a birthday or anniversary card during those months? Or have you have reached your 200 points but never received an Awards Certificate?

If this is so then your information may be wrong in our system.

Please email us or come in to let us know and we will check for you.

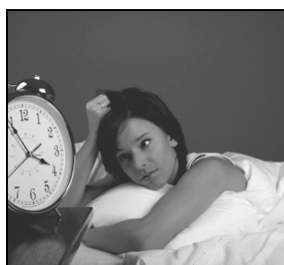
Info@Congdons.com



Don't try forcing yourself to sleep

The harder you try to fall asleep, the more elusive dreamland becomes. That's the finding of a 1996 study in the journal, *Behavior Research and Therapy*.

In an experiment, 100 college students were split into two groups. One group was told to fall asleep as quickly as possible; the other was instructed to go to sleep whenever they could.



The "fall asleep quickly" group took longer to drift off than their counterparts. The scientists theorize that trying to fall asleep creates a sense of frustration that drives sleep away.

Insomniacs who constantly monitor their state of consciousness will wake themselves up time and time again, creating a self-fulfilling situation.

Monthly Giveaway

And the \$50 goes to...
Mark Morin from Biddeford, ME

Bill of the "Morning Breakfast Club," drew the winner of July's \$50 gift certificate monthly giveaway. Carol won \$20 cash for being the server who enticed Mark 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 months winner. The winner can purchase anything here at Congdon's. You could get 50 Mini Eclairs, 10 large honey dip doughnuts... whatever you desire!!!

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

"You have such yummy doughnuts. Your Maine Lobster Benedict was excellent. We love the friendly service and atmosphere"

Scott Malkasian
Worcester, MA

July Holidays

Independence Day, 4th; Caribbean Day, 5th; National Chicken Day, 6th; Macaroni Day, 7th; National Sugar Cookie Day, 9th; National French Fries Day, 14th; Ice Cream Soda Day, 20th; National Junk Food Day, 21st; National Cheesecake Day, 30th

Where in the world is this?

A free doughnut if you know this location!



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!

"Everyone is friendly with good service and food. 20 years been coming here for breakfast. Thank You!"

Ted Knox

Brownsville, VT

Did You Know: Independence Day Should Have Been July 2 – July 2, 1776 is the day that the Continental Congress actually voted for independence. John Adams, in his writings, even noted that July 2 would be marked with fireworks and celebrations. The written Declaration of Independence was dated July 4 but wasn't actually signed until August 2.

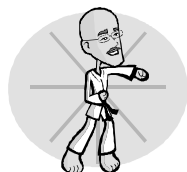
Dog Biscuits

Crunch, my golden retriever, loves to chase things, be it a butterfly or a squirrel he is ready at any moment to charge anything that moves fast. Luckily, I've never seen him catch any animal that he has gone after except maybe another dog. If their climbing a tree he looks bewildered as in "where did it go?" as they scamper up the tree to get a way for this ADHD fur ball. When chasing other dogs he usually uses his nose to smell first and then it's off to the races as he chases and gets chased. It's funny how they seem to go back and forth playing dog tag changing who is it. The exercise is good for him and he sleeps well after the games are over. By the way Crunch has lost 7lbs recently and is looking nicely slim for the lady goldens.



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 Value of a Smile



It costs nothing, but creates much.

It enriches those who receive without impoverishing those who give

It happens in a flash, and the memory of it sometimes lasts forever.

None are so rich, they can get along without it, and none so poor but are richer for it benefits

It creates happiness in the home, fosters goodwill in a business, and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble

Yet it cannot be bought, begged borrowed, or stolen, for it is something that is no earthly good to anyone until it is given away.

And if in the course of the day some of your friends should be too tired to give you a smile, why don't you guys them one of yours?

For nobody needs a smile so much as those who have none left to give.

So SMILE!

Independence Day facts

Here are some fun facts to share with your family and friends on the Fourth of July while waiting for the hot dogs to cook on the grill:

- Three presidents died on July Fourth: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July Fourth, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July Fourth as a state celebration, in 1781.
- The first recorded use of the name "Independence Day" occurred in 1791.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. It became a federal paid holiday in 1931.



**CONGDON'S DOUGHNUTS
FAMILY RESTAURANT**

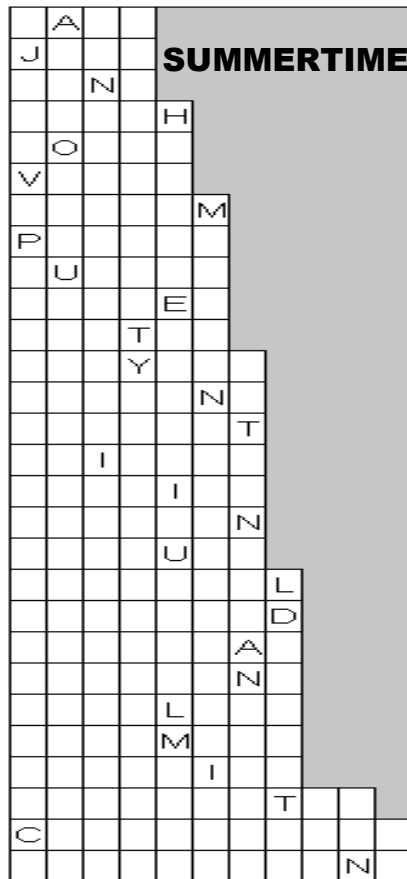
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Website: www.Congdons.com

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Return Service Requested

Rides, games, animals and exhibits
The 4th of this month is a great American party
This gets in the most uncomfortable places
Great place for sunning, surfing and swimming
"I'm ___." The bane of summer
These types of games used to cost only 25 cents
For an educational outing you can go here
A blanket, food, friends, but hopefully not ants
Lay out and bake yourself to get this
You can do this by car, plane, or train
Inline or roller ___
Pedal power gets you around
Get away from it all, but don't forget a tent!
A music performance
People you do things with
Got a good book? Great for lazy days
When the whole family gets together once a year
You don't want this to happen in the sun. Ouch!
The 'Boys of Summer' play this game
Too much time in the sun and you hair may get ___
Rides, games, prizes and cotton candy
May sting your eyes, but it keeps the pool clean
Apply this to keep from turning red
Great activity for cooling off on a hot day
What every school kid longs for
Who to call when the parents want to go out
Drive this with the top down and the music up
High speed fun being towed behind a boat



Enter unused letters from puzzle, in order:

___ ___ ___ ___

___ ___ ___

___ ___ ___

Copy boxed letters to form your hidden message:

If you would like to be removed from our newsletter mailing list, please email us at info@congdon.com and we will remove you.