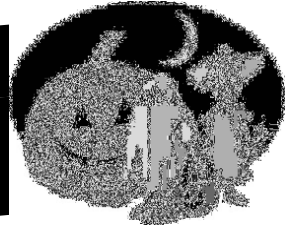


CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

CONGDON'S PRESENTS...

SEACOAST SPRINKLES



October 2010



HAPPY HALLOWEEN

Open Daily
Closed Wednesdays
6am—3pm



Carol's in Charge!!

I will be attending a seminar for independent restaurant owners from all over North America in October. This group meets 3 times a year and goes over the latest trends in food, systems, and marketing. This seminar will include an evening where we actually visit 3 different restaurant having appetizers at one, entrees at another, and desserts at still another independent restaurant. The evening includes chats with management on techniques and styles of things they have been doing at their restaurants. The food is always over the top and access to these folks is usually restricted and unavailable. Did I mention that the seminar is in Las Vegas!! This country bumpkin has never been to Vegas so this is going to be a special treat... work all day... play all night!

Anyway, Carol is in charge while we are gone and I want to make her comfortable in her new job. She is always treated like a queen around here and I don't want to change that status. Look for a special deal on your emails from Congdon's while we're away as Carol says she's giving away the house. Be sure to wish her well in her new found glory. She says, "Remember, what happens at Congdon's, stays at Congdon's."



Guess the weight of the pumpkin

We have a big pumpkin here in the store this October and you have the chance to win a \$50 Gift Certificate to Congdon's. Guess the pumpkins weight and you could win. You must be a member of our sweet rewards loyalty program to enter. Sign up today!!



Dine With Us in Your Halloween Costume and get a free doughnut!!

CREEPY...CUTE...Mysterious...

Precious...Funny

This offer is only good for October 31, 2010

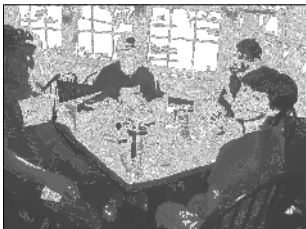
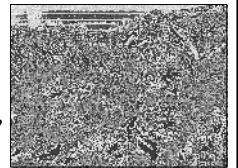


A Redsox Story

Recently Congdon's acquired two tickets to the Red Sox game on Sunday Sept 19th. We asked our guests to give us the reasons why we should pick them to go. We had over 80 emails telling stories of love, faith and especially the love of Red Sox Nation. After much deliberation we chose Ralph and Sara from Berwick, Maine.

Sara Wrote: "There is so much to say. My

husband is a prince. He is an amazing man. His thoughts are always about how he can bring happiness to the lives of his family and friends. When our two amazing biological children were nearing high school graduation, we adopted a beautiful special needs child from our great State of Maine. She is thriving, exceeding even the wildest dreams of her medical team, and all who love her. Much of her success is due to the man she calls daddy. There is nothing he would not do for her. Playing saxophone duets, endless visits to a wolf sanctuary, or bouncing in "moon shoes", are everyday events. He is never too tired or too busy. Three days ago, my husband was diagnosed with cancer. As he begins this fear filled journey of doctors, hospitals, etc., my greatest wish would be for him to have a day of joy and distraction. The Red Sox are so dear to his heart. His license plate displays his love "YAZ 08"! He is the ultimate Red Sox fanatic!!! He believes in his team when everyone else has turned away and lost faith. Tickets are too expensive, and hard to find. I would love to give this special man a day of distraction and happiness. I would like him to be able to transfer his belief in a team that has shown us that all things are possible, to his own current circumstances. I know he can beat this dreaded disease, and walk his beautiful daughters down the aisle many years from now. I want him to realize how very much he is loved and cherished. Thank you so much for reading this, and for always being our #1 family restaurant!



On learning of his wife's entry into our contest Ralph was a little overwhelmed to say the least. They enjoyed breakfast at Congdon's Sunday where we fed the whole family, got doughnuts to go and sent them on their way to Fenway Park. Congratulations to Sara, Ralph and their family for being able to enjoy an afternoon at Fenway Park where the Red Sox won 6 to 0.

Eating nuts for heart health

Eating nuts as part of a healthy diet can be good for your heart. Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food for many reasons.



They're inexpensive, easy to store, and easy to take with you to work or school, they are a fast and convenient snack to grab on the go.

The type of nut you eat isn't that important, although some nuts have more heart-healthy nutrients and fats than others. Walnuts, almonds, hazelnuts, you name it, almost every type of nut has a lot of nutrition packed into a tiny package.

If you have heart disease, eating nuts instead of a less healthy snack can help you easily enjoy a more heart-healthy diet.

Halloween History

Halloween dates back to an ancient fall festival celebrated by the Druids in Ireland, Great Britain, and Northern France. They would gather around a bonfire and don animal heads and skins, the precursor to our masks and costumes. After the invasion of Britain by the Romans in 43 A.C.E., the festival was merged with two Roman celebrations, Feralia -- a late October commemoration of the passing of the dead -- and the day to honor Pomona, the goddess of fruit and trees, whose symbol was the apple.

This led to the tradition of bobbing for apples on Halloween. Jack o' lanterns were first carved out of beets and turnips in Ireland as representations of dead souls.



"You have homemade fresh doughnuts, everything is great here from the service to the food."

Celia Garron
Windham, ME

Three Ways To Make More Time

Do you feel like there are never enough hours in a day to fit everything in?

Here are 3 tips to help:

- Become more focused on completing your most important tasks
- Ensure others don't waste your time
 - Stop trying to do everything yourself



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



Winter Car Care: Are your tires ready for winter?

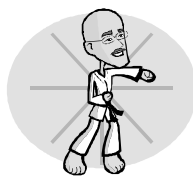


We'll keep this simple. If you're running all-season tires year 'round, you're probably sacrificing a noticeable level of vehicle control and performance when driving on snow and ice. Yes, it's become fashionable in the U.S. to rely on all-season tires in, well, all seasons. When winter rears its ugly head, though, even the best all-season designs won't be able to match a quality winter tire on snow and ice.

In terms of sheer traction, studded tires still provide the best grip. Goodyear estimates that a metal-studded tire provides up to 40 percent greater traction on hard-packed snow and ice than all-season tires. However, they also have a definite downside, producing higher noise levels, decreased ride comfort, and reduced traction on both dry and wet (but non-freezing) road surfaces.

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!**

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Dog Biscuits



Crunch, my golden retriever's fur is starting to grow back in. We get him shaved just before the summer heat sets in and now his winter coat is well on its way. Crunch loves the outdoors, playing catch, going for a walk and giving a chase to anything that moves seems to be his favorite past time. Chasing balls, chipmunks or even butterflies is definitely his game, he does love to run! Now that Crunch has lost a little weight he seems to be able to sprint after his prey even faster. Maybe one day he will actually catch something. **Go get 'em Crunch!**



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!**

SIGN UP NOW!

Candy Corn Fun Facts



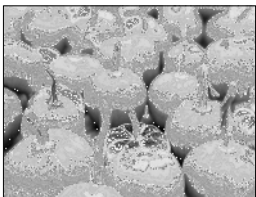
Candy corn are small pieces of triangular candy made primarily from corn syrup, honey and sugar. It is usually fat-free, and is traditionally colored in a specific pattern on 3 stripes, a white tip, an orange center stripe, and a yellow stripe at the widest end. It has been remarkably popular in America for well over a century. The amount of these sweet kernels consumed in a single year is staggering. One candy company alone estimates it produces 4.3 billion, and that Americans eat about 8.3 billion kernels each year!

October Holidays: 1st, World Vegetarian Day; 4th, National Golf Day; 6th Mad Hatters Day; 9th, Fire Prevention Day; 12th Columbus Day; 14th, National Dessert Day; 16th, Bosses Day; 17th, Sweetest Day; 21st, National Pumpkin Cheesecake Day; 25th, World Pasta Day; 31st, Happy Halloween

"We love the fabulous, fresh food and the amazing baked treats."

Christine Dion
Manchester, NH

We've got pumpkin EVERYWHERE in October!



This month we will be running a few yummy fall treats.

We have a delicious Pumpkin muffin that is very tasty, try it warmed up with a little butter.

We also will be featuring an amazing pumpkin whoopie pie with cream cheese frosting... delicious!!!

Don't forget to try our Pumpkin Pancakes, there is a perfect amount of ground cloves in the recipe to give it that amazing fall flavor...

We have added our Thanksgiving sandwich to our menu full time. This sandwich is perfect for the fall. Oven roasted turkey, stuffing made from our own breads, gravy, cranberry sauce, on any choice of bread. You can choose from French fries, coleslaw, cottage cheese, onion rings, or sweet potato fries for a side.

Guaranteed to please!!!

Monthly Giveaway

And the \$50 goes to...
Sandra Beatson from Spencer, MA

Rocky drew the winner of October's \$50 gift certificate monthly giveaway. Aaron won \$20 cash for being the server who enticed Sandra 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 17 Raspberry Filled Brownie Bars, 50... whatever you desire!!!

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

Foods to Improve Your Mood

We've heard the expression "you are what you eat."

If you find yourself cranky, irritable and quick to snap at friends, family and coworkers, a better eating plan may be just what you need! The following strategies will stabilize your blood sugars and hopefully level out your mood.

Strategies to control blood sugars

Eat every 4 to 5 hours: Eating consistently throughout the day provides your brain and body with a constant source of fuel. This strategy can dramatically prevent dips in your blood sugar levels.

Limit refined carbohydrates to help lessen volatile blood



sugar swings: Concentrated sources of sugar like soda, candy, fruit juice, jam and syrup can create radical spikes (and drops) in your blood sugar, which leaves you feeling cranky and tired.

And although refined, white starch like white bread, crackers, bagels and rice do not naturally contain sugar compounds, they are metabolized into sugar very quickly and can often create the same effect. Instead include high-quality carbohydrates, such as vegetables, fruit, beans, peas, lentils, brown and wild rice and oatmeal.

Incorporate soluble fiber: Foods rich in soluble fiber have the ability to slow down the absorption of sugar in your blood and

therefore, potentially lessen blood sugar and mood swings. Incorporate oats, brown rice, barley, apples, pears, strawberries, oranges, sweet potatoes, carrots, peas and beans into your diet.



**CONGDON'S DOUGHNUTS
FAMILY RESTAURANT**

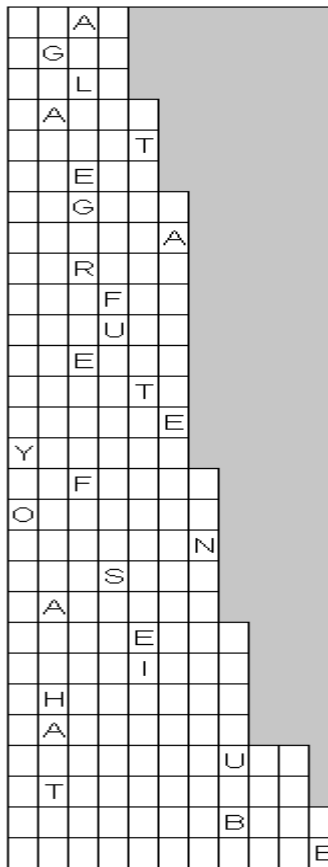
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WELLS, ME
PERMIT #1

Return Service Requested

This outer part of the grain is high in fiber
Sunny-side up, scrambled, or over-easy
You can eat your cereal dry, but it's better with ___
Thin or thick sliced, it's fried and crispy
The English like theirs done on one side
Cereal can be made from corn, rice, oats or ___
A healthier alternative to donuts; great with cream cheese
Adding ___ slices to your cereal can add some fruit and flavor
Generic term for breakfast in a box
For a lot of people this is the most important part of breakfast
An office favorite, but not the most nutritious breakfast
This version of toast is battered and fried
Fresh ___ are high in vitamin C and are very healthy
Real men don't eat ___, or so they say
Dairy product available in a hundred flavors
Small or large, they usually have their own paper cup
Slow-cooked or instant, it comes in different flavors
Breakfast foods high in ___ can help you avoid the sugar rush
An alternative to bacon
Belgian or square; cover with syrup or berries and cream
A French bread type that is best when fresh
Breakfast ___ have become popular at fast food restaurants
Brand name for little round O's, great for kids
They have several names: flapjacks, hotcakes, ___
You might use a special spoon for this; watch out for squirts
Probably the most common breakfast berry
Not always tasty, but you can eat them in the car or at work
A very popular breakfast drink



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.