

BEST
INDEPENDENT RESTAURANTS
ASSOCIATION
www.BestIndependentRestaurants.org

Platinum Plate
Award Winner
2008, 2009, 2010

"Best Family
Restaurant"

CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

CONGDON'S PRESENTS...



SEACOAST SPRINKLES



Summer Hours
We are Open Daily
6am—3pm

July 2011



Whoopie Pie Festival

The Maine Whoopie Pie Festival was held June 25th, in Dover Foxcroft, ME. Congdon's entered the festival with lots of flavors of the Maine State dessert. We will be featuring some of these original flavors throughout the summer for your tasting. There were flavors such as Strawberry, Mint Chocolate Chip, Raspberry, Maine Blueberry, Streusel and, of course, the traditional Chocolate. Over 5000 folks attended this annual event where the Whoopie Pie is king! There were about 30 different bakeries from all over Maine in attendance showing off their Whoopie Pie skills. There was a lot of taste testing going on! Karen and Alex even entered us in some Whoopie Pie contests. There was even prizes for the top Whoopie Pies in four categories, best original, most unique, judges favorite, and people's choice.



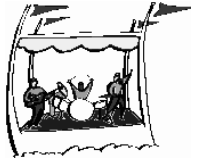
Barbecue Chicken



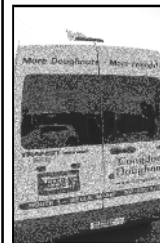
The Wells Rotary will hold their annual BBQ Chicken Dinner on Saturday July 30th down at Wells Harbor Park. Great food with a great organization. Bring the family and enjoy an evening at the Wells Harbor Park

Saturday Night Concerts

The Wells Chamber of Commerce sponsors Live Concerts every Saturday night at the gazebo down at Wells Harbor all summer long. Bring a chair and enjoy the evening as it's all free. They do pass a hat to help defray some of the costs. Support your community while listening to some great tunes by the water

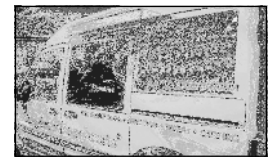


**The Doughnut Van
Has a New Look**



Check out our new doughnut van! We have all of our contact information as well as some cool pictures too! We have even added our website QR Code for the tech savvy folks.

Look for the dough van in our Parking Lot or strolling down Route One this summer!



What is this?

This is called a QR Code. With a smart phone you can scan this picture code and anything from pictures to websites to text can pop up on your phone. These are the new trends in technology so we thought we would check it out as well.



If you do not have an app with a scanner you can download our Royalty Rewards app in your iPhone or Android app market. Not only will you be able to scan any QR codes but you can also store all of your important Loyalty card information from ANY restaurant, department stores, or grocery stores.

With the scanner from your phone try scanning this QR code. Having trouble, ask one of our staff members and they will be glad to help or find someone who can.

We are planning on posting some around the waiting area for your enjoyment while you wait to be seated. We would like to add some videos on how things are made in our bakery, some "Did You Know" facts about Congdon's, and some helpful social media and restaurant review tools.

Congdon's Website Has Gone Mobile

Congdon's now has a mobile version of our website for easy viewing on your phone. Just go to

www.Congdons.com on your phone (or scan the QR code to the left) and you will see our new easy to read mobile website. We have kept the most important information for your convenience such as directions by Google map, our menu, information about our loyalty program, Facebook link, and our store hours.



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!

Not a Sweet Rewards

Member Yet!?!?

You should be!!!

Don't miss out on all the great features of being part of our loyalty program. You will receive birthday and anniversary certificates, along with award certificates when you reach 200 points.

New Feature: Receive a Free Dozen Doughnuts when you sign up!! Sign up today and receive your doughnut certificate!!



Why We Celebrate the 4TH of July



July Fourth is the day Americans celebrate the nation's independence from Great Britain. That might surprise Thomas Jefferson, principal author of the Declaration of Independence. The Second Continental Congress voted to approve a resolution of independence from Great Britain on July 2, 1776. Jefferson wrote to his wife, Abigail, the next day:

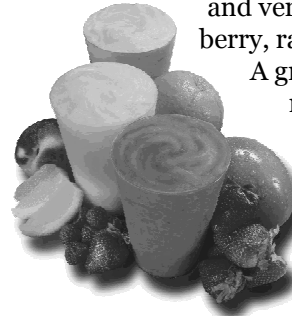
"The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival."

But the Continental Congress didn't approve Jefferson's declaration until July 4, leading to the popular association of the Fourth of July with the official date of independence. By the way, the Declaration of Independence wasn't signed by most Congressional delegates until

Aug. 2, 1776.

Smoothies

Congdon's has great fruit smoothies. We make them with non fat yogurt and they come in some great flavors like strawberry, mango, peach, banana and very berry which has blueberry, raspberry, and blackberry. A great summer drink that refreshes and satisfies.



Come in today and try yours. Guaranteed to cool you down in the New England humid heat!

Congratulations to our Congdon's Graduates



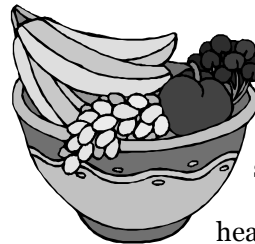
Emily Wallingford
Spencer Gray
Cassie Trowbridge
Gabrielle Trazskowski



"I was first in line when the doors opened! Received great service as usual. Brought two dozen doughnuts back to the grandkids! Smiles all around. Thank you!"

James Roger
Wells, Maine

Benefits of Eating Fruit for Losing Weight



Fruit is one of the most healthy and natural foods in existence. There are thousands of different types of fruit available to eat, all of which provide us with strong health benefits. Fruit contains a large number of naturally occurring vitamins, minerals and plant phytochemicals that help benefit health. It has also been shown that eating the whole fruit or juice is best to gain the benefits rather than taking supplements to provide each nutrient separately.

It has been recommended that we should be eating at least 5 pieces of fruit every day in order to gain the full health benefits of eating fruit.

Fruit can also benefit many people wanting to lose weight. Energy consumption is thought to be mainly influenced by the palatability, fiber content, density of energy and the variety of foods. Eating fruit has the benefit of affecting some these factors. Fruit is also low in sodium so they help reduce the chance of gaining water weight.

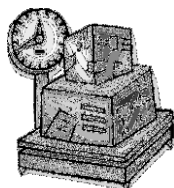
Overnight Shipments

Last month we shipped baker's dozen of doughnuts overnight. A couple to New Jersey, one to Massachusetts, New York, Philadelphia, and Florida. We also shipped some of our delicious scone mix to Connecticut.

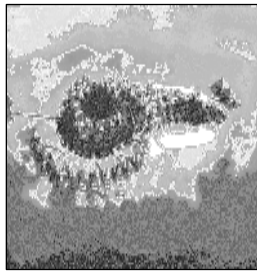
We will ship just about any of our pastries, breads, whoopy pies, and mixes!!

Give us a call!! 207-646-4219

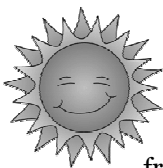
We ship overnight which can get a little pricey but it is SO WORTH IT!!!



Where
in the
world is
this?



A free doughnut if you



Operation Sun Block: For the Troops



American Soldiers fighting overseas need protection from the sun! Temperatures reach well over 100 degrees every day during the summer months. Soldiers receive many toiletries like toothpaste, but not the sunscreen they so desperately need! Mary Kay and Soldiers' Angels are teaming up to protect our soldiers skin from the harmful raise of the sun. You can help too. Donate \$20 and help a soldier receive the protection he/she needs. You can donate here at Congdon's. 100% of your donation goes to the soldiers. We would also love to add a personalized card to each order thanking our brave soldiers for serving. This great opportunity ends is July 15th. Let us know if you want to participate!!

- Benjamin Franklin wanted the **turkey** to be the national animal but was outvoted when John Adams and Thomas Jefferson chose the **bald eagle**.
- Over an estimated **150 million** hot dogs will be consumed on the fourth. That's roughly **1 dog for every two people** in the U.S.
- Oddly, the majority of the nation's flags and patriotic paraphernalia in relation to the 4th of July is produced in **China**. Nearly \$349 million dollars are used each year to import in the flags, banners, decorations, and emblems.
- The 4th of July was not declared a national holiday until **1941**.
- The national anthem is actually set to the tune of an old English drinking song called *To Anacreon in Heaven*.

The Right Bike Tire Pressure

The Right Tire Pressure Makes a Big Difference!

Most people put too little pressure in road tires and too much pressure in off-road rubber. Road tires usually take from 95 to 125 pounds per square inch (psi). If you weigh less than 150 pounds, go toward the lower end and vice versa. For mountain tires intended for off-road use, a



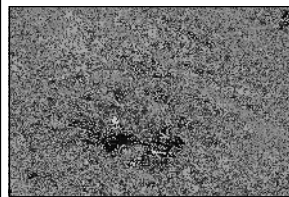
good range is from 35 to 45 pounds. Use the same rule for weight. With off-road rubber, you'll find that less air means a softer ride and improved control because the tire has a larger footprint on the trail.

"Besides the good food, the friendly welcoming atmosphere makes it a favorite place to eat whenever we are in Southern Maine. Sure wish you were closer."

Jeanette Gross
Leeds, Maine

Dog Biscuits

Crunch, my Golden Retriever, digs lots of holes this time of year. Often you'll see him dig like mad trying to get away from the summer heat. He'll dig a 3 or 4 inch pit and then lay in his newly dug space to cool off. My back yard starts looking like the moon with all these craters all over the place. IF we are near water Crunch will jump in and try to cool off also. He s a very good swimmer and loves chasing ducks, sticks, or anything floating in the water.



Relationships

An elderly couple had been experiencing declining memories, so they decided to take a power memory class where one is taught to remember things through association.

A few days after the class, the old man was outside talking with his neighbor about how much the class had helped him.

"What was the name of the instructor?" asked the neighbor.

"Oh, ummmm, let's see," the old man pondered. "You know that flower, you know, the one that smells really nice but has those prickly thorns, what's that flower's name?"



"A rose?" asked the neighbor.

"Yes, that's it," replied the old man. He then turned toward his house and shouted, "Hey, Rose, what's the name of the instructor we took the memory class from?"

Monthly Giveaway

And the \$50 goes to....

Eleanor Cook from White River Junction, VT Bill drew the winner of July's \$50 gift certificate monthly giveaway.

Cindi won \$20 cash for being the server who enticed Eleanor 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 3 Big Whoopy Pies, 20 Freshly Baked Turnovers... whatever you desire!!!

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

